CANADIAN COUNTY 4-H RECORD BOOK KIT

Project Records Run From Ma	y 1 st	until April 30 th
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Here is your supply of forms to start your very own CANADIAN County 4-H Record Book. These are only the basic forms you need for your book. As you begin keeping records of your 4-H work, you will find more details that you wish to record. Additional forms are available at the OSU Extension Center or your local 4-H Organizational Leader to help you expand your record book or you may use your own creativity to make your own forms.

Assembling Your 4-H Record Book (Secure all materials in 4-H Record Book Folder)

- 1. Cover Page ("My 4-H Record Book") you may decorate this page
- 2. Personal information/Photo Page
- 3. Blank divider page with <u>tab</u> for "Table of Contents"
- 4. **Table of Contents** list all pages
- 5. Blank divider page with tab for "4-H Story"
- 6. **My 4-H Story** Your 4-H Story shows growth in your 4-H work by telling in story form the most outstanding accomplishments, funny things that have happened as well as disasters. Avoid a year-by year-listing of what you did, but may include work all the way back to your first year. Don't save the best for last, put it near the beginning to catch the reader's interest. Try to show the human interest side of what 4-H has done for you, your family, your community and how it has influenced your future plans in 4-H and in life. Be specific—explain what you mean when something is "great" or "wonderful." Ask someone to read your story to check for mistakes and clarity. If something is not clear, rewrite it.

Awards and Recognitions

Tours/Field Trips Attended

Workshops/Programs Attended

Newspaper Articles/Radio/TV Programs

Judging Events/Workouts Attended

7. Blank divider page with tab for "4-H Participation Section"

8. 4-H Leadership

4-H Citizenship/Community Activities

4-H Offices Held/Committees Served On

4-H Exhibit Record

4-H Speeches/Illustrated Presentations

Other 4-H Events and Activities

Non 4-H Experiences in School, Church and Community

- 9. Blank divider page with tab for each Project Section
- 10. No limit on number of projects or pages you can have in a project section. Individual Project Pages are available at the CANADIAN County OSU Extension Center or 4-H Organizational Leaders. Each project section can have the individual project page in which "Project Objective" is written, "New Things Learned" is written, and "Work Done in Project" is reported. An "Expense/Income" sheet may be completed. Project photographs may be included in the individual project section. Picture pages will be limited to three pages and three pictures per page.

lame:				
(First)		(Middle)	(Last)	
-H Age Division			Year in School (On Sept 1 current year)	
ddress (Street, Route o	or Box #):			
Town	State	Zip	County	

Attach 1 photo that is 2 x 3



Table of Contents



MY 4-H STORY

(Use no more than the three pages.)

Your story is an important part of your 4-H record. As you write your story, you may want to include these points:

- ❖ Write about the projects you have worked on this year.
- ❖ Write about the most important 4-H experience you have had this year.
- ❖ Write about the funny, distressing, or unusual experiences encountered in your 4-H work.
- ❖ Write about your plans for the future.
- ❖ To access the formatting panel to adjust font, weight, size, or other settings, select CTRL-E (Command-E on Mac).

4-H Speeches/Illustrated Presentations (For All Project Areas)

Year	Project	Title of Talk/ Illustrated Presentation	Group Given To/Place	Attendance	Award
Example: 2000-01	Example: Illustrated Presentation	"Wonderful World of Peanuts"	CANADIAN Co. 4-H Illustrated Presentation Contest, El Reno	27	2 nd Ribbon

4-H EXHIBIT RECORD(Examples: Fairs, Food Show, Share-the-Fun, Fashion Review, Animal Shows, Etc.)

Year	Project	Kind/Name of Exhibit	Place Held	Placing	Award
Example: 2000-01	Example: Recreation	Example: "Saved By The Bell" – Group Act	CANADIAN Co Share-The-Fun, El Reno	Blue Champion	Ribbon
2000-01	Foods	Chocolate Chip Cookies	CANADIAN Co. Free Fair	3rd	Ribbon

WORKSHOPS/PROGRAMS ATTENDED

Year	Project	Name of Workshop/Program	Place Held	Instructor/ Speaker
Example: 2000-01	Example: Foods	Breads Workshop	School Cafeteria	Jane Doe/Bob Roll

Tours/Field Trips Attended (For All Project Areas)

Year	Project	Name of Tour/Field Trip	Place Toured	Sponsor
Example: 2000-01	Example: Citizenship	Junior 4-H Citizenship Tour	(Include Farms, Ranches, Businesses, Museums, Etc.) Braum's Dairy Farm Expo Square, Oklahoma City Celebration Station	Cloverville 4-H Club
			Ceres anon Station	

Judging Events/Workouts Attended (For All Project Areas)

Year	Project	Name of Event	Place Held	Placing	Award
Example: 2000-01	Example: Beef	County Meat Judging Contest	Canadian Co. Fairgrounds	4 th Place Team	Ribbon

NEWSPAPER ARTICLES/RADIO/TV PROGRAMS

Year	Project	Name of Paper/Radio/TV	Subject of Article/Program	Audience Number
Example: 2000-01	Example: Citizenship	CANADIAN Co Journal	October Club Report	1,200

4-H LEADERSHIP/PROMOTIONAL LEADERSHIP

Year	Project	Explain leadership or assistance given. Be specific.	Level	# Reached
Example:	Example:	(Include leadership in local, county, district and state 4-H events and activities: workshops, short courses, displays and programs planned and conducted; tours and field trips planned and conducted; and any other leadership experiences you have done.)		
2000-01	Wood Science	Organized and taught a wood crafts workshop at Tri-County 4-H Camp	County	25
2000-01	Dairy Foods	Presented a working display at Parent/Volunteer Training in Lawton <u>Displayed and explained the importance of dairy food nutrition</u>	District	178

4-H Offices/Held/Committees Served On (For All 4-H Projects Involved In)

Year	4-H Club	Office Held/Committee Served On	Level	Responsibilities
Example: 2000-01	Example: Local	Club Recreation Leader	Local	Led Songs and conducted games for the
2000-01	Electric	Telephone Committee	County	club. I was responsible for contacting a list of 10 members before club events.

CITIZENSHIP/COMMUNITY ACTIVITY

Year	Project	Citizenship/Community Activity	Place Held	Ind./ Group	# Helped
Example 2000-01 2000-01	Example: Community Service Community Service	(Include citizenship experiences with senior citizens, handicapped, underprivileged, community and international service, plus any other.) Christmas Caroling	Grace Living Center, Yukon	Group Individual	35 15
		Collecting money for McDonald House		maiviauai	

OTHER EVENTS/ACTIVITIES ATTENDED

Year	Project	Name of Event/Activity	Place Held	Other Information
Example: 2000-01	Example: Leadership			
2000-01	Leaaersnip	Tri-County 4-H Camp	Roman Nose Camp Ground	32 4-Hers attended

AWARDS AND RECOGNITIONS

Year	List awards and special recognitions you have received for your 4-H work. (Trips, Medals, Trophies, Plaques, Ribbons, Scholarships and Other Recognitions not listed on Exhibit Record Page)	Level
Example:	(Trips, Medals, Trophies, Plaques, Ribbons, Scholarships and Other Recognitions not listed on Exhibit Record Page)	
1990-91	Junior 4-H Citizenship Trip, Norman	County

Non-4-H Experiences

	Non-4-H Experiences
Group/	
Group	
Organization	School
	NI ATTTO
	Non-4-H Experiences
Group/	
Group/	
Organization	Community
	·
	Non-4-H Experiences
Group/	
Group/ Organization	
Organization	Church
·	

OBJECTIVES OF MY _____PROJECT

Project Objectives
(Copy word-for-word objectives for your 4-H project. These are available at the CANADIAN County Extension Office or on the Oklahoma 4-H website)

New Things Learned In My _____ Project

Year	List the new things you learned in your 4-H project work. Be Specific
Example:	I learned to:
1990-91	Keep clean, fresh water in front of my lambs every single day so they will be healthy and gain more weight. Open a checking account at our local bank, how to write a check for entry fees and feed and how to balance a checkbook at the end of each month.

WORK DONE IN PROJECT

(Articles Made, Animals Owned, Hours Worked, Etc. You make your own headings to fit your project.)

Year	Project	Work Done In Project

EXPENSES/INCOME

Project	Description of Expense or Income	\$ Expense	\$ Income

CANADIAN COUNTY 4-H PROJECT REPORT FORM

Eligibility:

- 1. Must be at least 9 years of age as of January 1 of this year to qualify for the medals or certificates.
- 2. Can receive only two county medals.
- 3. Can not receive the same medal twice

Materials Required:

- 1. Story: No more than three pages.
- 2. Pictures: No more than 3 pictures per page and no more than 3 pages per project.

ignature of 4-H Member	