

Creek County Record Book

Here is your supply of forms to start your very own Creek County 4-H Record Book. The record book should be completed in the 4-H'ers handwriting or typed. Each year, you can add participation information at the beginning by simply moving last year's information down or to the back of your book. You will need to move last year's pictures and story to the back, if this is not your first record book. Include activities and information from July 1 of the previous year through June 30 of the current year.

Assembling your 4-H Record Book (secure all materials in an official Record Book Cover or a green folder with brads)

1. Project Medal Checklist and Awards I'm Applying For: Use the list of *Medals Available* to help you determine which medals you would like to apply for. You may apply for two medals each year, and you may win the same medal each year. Also mark which county awards (trips, hallmarks, etc) you are applying for. *These two pages should not be attached in the record book; lay them inside the front cover or the front pocket.*
2. Cover Page: Individual Photo Page- photo should fit within the box and can be color or black and white. Complete the rest of the page, and include awards received (trips, hallmarks, etc).
3. Blank divider page with tab for 4-H Story.
4. My 4-H Story Page: Your story is an important part of your 4-H record; it shows growth in your 4-H work in story format; your most outstanding accomplishments, funny things that have happened as well as disasters. Avoid a year-by-year listing of what you did, but include work all the way back to the first year. Try to show the human interest side of what 4-H has done for you, your family, your community, your state and how it has influenced your future plans. Be specific – explain what you mean when something is “great” or “wonderful”. Don't use slang, and ask someone to read your story to check for mistakes and clarity. If something is not clear, rewrite it.

The 4-H story can be typed or hand written and should include an introduction, body and conclusion. The introduction could include such things as reasons for joining 4-H, things that make 4-H interesting to you. The body should focus on the projects or activities in which your record is to be considered for medals or certificates. Also include project work, things you learned, personal experiences, how you have helped other 4- H members. The conclusion could include things like future plans, a summary of the body, etc.

The story should be limited to two pages and be in your own handwriting or typed. It should be printed on the same type of paper as the rest of the record book. Your story should start with the heading “My 4-H Story” centered at the top of the page. It can be printed in any font, but must be readable. Use a font size that is appropriate.

5. Blank divider page with tab for 4-H Participation Section.
6. Participation Section: More than one page of each can be included. List a short description of each activity. This year's information should be listed first, and each year before this is simply moved down. The level is local (club), county, district, state, national, international. The following is the order of assembly:
 - a. 4-H Speeches/ Illustrated Presentation: include all talks at local, county, and district meetings, etc. for all project areas
 - b. 4-H Exhibit Record: include exhibits at any local, county (fairs, food show, Share-the-Fun, fashion revue, etc), or state event or shows attended for all project areas
 - c. Workshops/Programs Attended for all project areas

- d. Tours/Field Trips Attended for all project areas
 - e. Judging Events/ Workouts Attended: include practices, clinics, contests for all project areas
 - f. 4-H Leadership/Promotional Leadership: include leadership projects, recruitment events, etc, be sure to include the number of people reached for all project areas
 - g. 4-H Offices Held/ Committees Served On
 - h. Citizenship/Community Activities include only 4-H related activities
 - i. Other Events/ Activities Attend: include anything 4-H related activity that doesn't fit another section
 - j. Awards and Recognition
 - k. Non 4-H Experiences: Church
 - l. Non 4-H Experiences: School
 - m. Non 4-H Experiences: Community
7. Blank divider with tab for Project Section #1.
8. Project Section: There is no limit on the number of project sections you can have. For projects in which you've only done a few activities, group them all together in a Project Section named "other 4-H Project". Each project section should include the following pages, in the following order:
- a. Objectives of My _____ Project
 - b. New Things Learned in My _____ Project
List the new things you learned in your 4 – H project work. Be Specific.
 - c. Work Done in My _____ Project
Use this page to describe the work you did in your 4 – H project. Be sure to include all that you did this year! You can be creative and use headings to organize this page, or you can list the work you did. Examples of things to report are: projects made, hours worked, things learned, animals owned, activities participated in etc.
 - d. Expenses/Income (if applicable), don't forget to put totals at the end!
 - e. Picture Section (one page per Project)
9. Blank divider with tab for Other Pictures.
10. Other Picture Section: Picture pages are limited to one per project and are to be included in the project section; however, you may also include two pages of miscellaneous pictures, newspapers clippings, etc. relating to your 4-H work.

***Reminder:** Citizenship is the relationship between you and others as shown by your actions. Being a good citizen involves helping others in need and accepting responsibility of citizenship, such as voting. Citizenship actions are: developing an understanding of the role of a community citizen, or contribute to the welfare of others, or improvements to a community. Examples: voting, trash pickup, helping others, improving the community, or being involved in governing. Leadership is action! It is a specific act that involves the 4-H member leading other people. Leadership actions are: the giving of a presentation or workshop that teaches or describes topics of interest, leading the pledges, conducting the meeting, reporting on an assignment, directing activities, planning programs; or organizing events. The difference between the two projects in a nutshell: citizenship is helping others or governing others and leadership involves guiding others in some way.

Medals Available

| | |
|-----------------------------------|-------------------------------------|
| Achievement | Gardening & Horticulture |
| Aerospace | Goats |
| Agriculture | Health |
| Automotive | Hobbies & Collections |
| Beef | Home Environment |
| Bread | Horse |
| Cats | Judging |
| Child Care & Development | Leadership |
| Citizenship & Civic Education | Outdoor Ed & Recreation |
| Clothing & Textiles | Performing Arts |
| Commodity Marketing | Personal Development |
| Community Service | Pets |
| Computer Technology | Petroleum Power |
| Conservation of Natural Resources | Photography |
| Consumer & Family Sciences | Physical Science |
| Consumer Education | Plant Science |
| Dairy | Poultry |
| Dairy Foods | Public Speaking |
| Demonstration | Rabbit |
| Dog Care & Training | Reporting |
| Electricity | Safety |
| Entomology & Bees | Sheep |
| Family Lifestyles | Shooting Sports |
| Fashion Review | Swine |
| Fitness Leadership | Technology & Engineering |
| Food Conservation & Safety | Tractors, Engines & Field Equipment |
| Food- Nutrition | Vet Science |
| Forestry | Visual Arts |
| | Wildlife & Fisheries |
| | Wood Science |

Project Medal Checklist

| | Project: | Project: | Project: |
|---|--------------------------|--------------------------|--------------------------|
| PARTICIPATION CERTIFICATE | | | |
| Completed 4-H record book (project pictures optional) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write a 4-H story (1/2 page) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Learned at least one thing related to project | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does not meet criteria for Bronze Medal | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Enrolled member of a 4-H club | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| BRONZE MEDAL | | | |
| Completed 4-H record book (project pictures optional) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write a 4-H story (at least 1/2 page) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Learned at least 3 things related to project | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Participated in 1 county event | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Involved in 1 citizenship project | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SILVER MEDAL | | | |
| Completed 4-H record book (project pictures REQUIRED) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write a 4-H story (at least 1 page) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Learned at least 3 things related to project | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Participated in 2 county events | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Involved in 1 citizenship project <u>related to project</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Gave a speech <u>related to project</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Regularly attend 4-H Meetings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| GOLD MEDAL | | | |
| Completed 4-H record book (project pictures REQUIRED) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write a 4-H story (at least 1 page) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Learned at least 5 things related to project | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Participated in 3 county events | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Involved in 2 citizenship projects | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 must be related to project | | | |
| Gave 2 speeches or illustrated presentations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 must be related to project | | | |
| Provided at least 2 forms of leadership | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 must be related to project | | | |
| Regularly attend 4-H Meetings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

County 4-H Events that I participated in:

- | | | |
|--|--|--|
| <input type="checkbox"/> Pumpkin Show | <input type="checkbox"/> Dutch Oven Cook-Off | <input type="checkbox"/> County Rally |
| <input type="checkbox"/> Share-the-Fun | <input type="checkbox"/> Dress Revue | <input type="checkbox"/> County Fair |
| <input type="checkbox"/> Spring Livestock Show | <input type="checkbox"/> Impressive Dress | <input type="checkbox"/> Food Showdown |

4-H Club meetings I have attended:

- | | | | |
|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------|
| <input type="checkbox"/> August | <input type="checkbox"/> November | <input type="checkbox"/> February | <input type="checkbox"/> May |
| <input type="checkbox"/> September | <input type="checkbox"/> December | <input type="checkbox"/> March | <input type="checkbox"/> June |
| <input type="checkbox"/> October | <input type="checkbox"/> January | <input type="checkbox"/> April | <input type="checkbox"/> July |

Awards I'm Applying For:

All definitions, criteria, and requirements can be found in the current Creek County 4-H Handbook.

- | | | | |
|---|---------------------------------|---------------------------------|-------------------------------|
| <input type="checkbox"/> PROJECT 1: _____ | <input type="checkbox"/> BRONZE | <input type="checkbox"/> SILVER | <input type="checkbox"/> GOLD |
| <input type="checkbox"/> PROJECT 2: _____ | <input type="checkbox"/> BRONZE | <input type="checkbox"/> SILVER | <input type="checkbox"/> GOLD |
| <input type="checkbox"/> PROJECT 3: _____ | <input type="checkbox"/> BRONZE | <input type="checkbox"/> SILVER | <input type="checkbox"/> GOLD |
-
- ☐ BEST OVERALL BOOK
 - ☐ CLOVER AWARD - SEPARATE APPLICATION
 - ☐ LEADERSHIP AWARD
 - ☐ CITIZENSHIP AWARD
 - ☐ OUTSTANDING FIRST YEAR MEMBER - JUNIOR, INTERMEDIATE, SENIOR
 - ☐ OUTSTANDING INTERMEDIATE MEMBER - JACKET SIZE _____
 - ☐ CREEK COUNTY SENIOR HALL OF FAME
 - ☐ CREEK COUNTY JUNIOR HALL OF FAME
 - ☐ CITIZENSHIP WASHINGTON FOCUS TRIP
 - ☐ DENVER WESTERN ROUNDUP
 - ☐ CREEK COUNTY 4-H POST HIGH SCHOOL EDUCATION SCHOLARSHIP
 - ☐ LEADERSHIP GRANT
 - ☐ CITIZENSHIP GRANT
 - ☐ SPECIAL PROJECT AWARDS (CIRCLE):

BREADS DAIRY PEANUT PORK PROMOTION WATER CONSERVATION

The signature below certifies that the information selected on pages 3 and 4 are correct and this 4-H member qualifies for the awards selected.

Club Leader

Date

MY 4-H RECORD BOOK

PHOTO

Name

4-H Club

Year in 4-H

Age

Medals/Awards I have already received:

| | | |
|--|--|--|
| | | |
| | | |
| | | |
| | | |
| | | |

MY 4-H STORY

4-H Speeches / Illustrated Presentations

[illegible]

4-H Exhibit Record

[illegible]

Workshops / Programs Attended

[illegible]

Tours / Field Trips Attended

[illegible]

Judging Events / Workouts Attended

[illegible]

4-H Leadership / Promotional Leadership

[illegible]

4-H Offices Held / Committees Served On

[illegible]

Citizenship / Community Activites

[illegible]

Other Events / Activites Attended

[illegible]

Awards and Recognitions

[illegible]

Non 4-H Experiences

[illegible]

Non 4-H Experiences

[illegible]

Non 4-H Experiences

[illegible]

Objectives in my _____ Project

[illegible]

New Things Learned

[illegible]

Work Done In My Project

[illegible]

Income / Expenses

[illegible]