## McClain County 4-H

## 4-H Record Book

4-H Year June 1, 20__ to April 3, 20

Member's Name: $\qquad$
Address: $\qquad$

4-H Club: $\qquad$
Age (on Sept. 1 of 2019):
Grade in School (on Sept. 1 of 2019):
County Medals - 4-H'er can receive only 1 county medal each year. To receive a medal, 4-H'er should report at least 2 (or more) new things learned in a project; 2) Participate in at least 2 learning experiences in the reported project; 3) Show work done in the reported project; 4) Have at least one citizenship or leadership activity (may be any project); 5) Complete a 4-H Story.

Medals I would like to receive: Medals I have already received:
Place a check beside the project that you want.

| Make Selection |  |
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| Make Selection | Make Selection |
| Make Selection |  |
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| Make Selection |  |
| Make Selection |  |

Parent's signature $\qquad$
Leader's signature $\qquad$

## 4-H Story

## Year - <br> 2018-2019

Tell us about what you did in 4-H this year. Include the following points in your story. Tell a little bit about yourself, how 4-H helped you learn things about your projects, things you tried that worked, and things that didn't work, any funny or frustrating things that happened and what you want to try next.

Story / Continued...

## Project Work Completed

Year:
List work you have done, such as number of animals, articles made, time spent, work completed, etc...include speeches and demonstrations given, workshops attended, tours and field trips attended, judging workshops attended, literature read, exhibits prepared, newspaper articles written, etc... Under project listed, indicate whether local, county, district, state or National (L, C, D, S, N).

| Project | Project Work/Activity | Level |
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What have you learned as a result of participating in project work? Also, list skills you acquired relating to the project.

| Project | What was learned |
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## Leadership

Year:
What leadership activities have you been involved in? May include helping others on a one-toone basis, or as a group; planning or organizing an activity, holding an office, serving on a committee, etc...... Under project listed, indicate whether local, county, district, state or National (L, C, D, S, N).

| Project | Activity | Number <br> Reached | Level |
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What citizenship/community service activities have you been involved in? May include activities that benefit an individual, or your community. May include activities that exhibit the qualities of a good citizen. Under project listed, indicate whether local, county, district, state or National (L,C, D, S, N).

| Project | Activity | No. <br> Helped | Hours | Level |
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## Awards Received in 4-H

List awards such as ribbons, placing, trophies, etc...

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## 4-H Activities Participated In

Year: ${ }^{2018-2019}$
Such as County Fair, Pumpkin Fair, Mini-Roundup. Specify level such as local, county, district, state or National (L, C, D, S, N).

| Project | Project Work/Activity | Level |
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|  |  | / Continued... | Year: | 2018-2019 |
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| Project | Activity/Experience/Award, etc... |  |  | Level |
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Use this page when title page is full - use as many as needed

## Non-4-H Experiences in School, Church, Community

May include: School - sports, band, honor roll; Church - choir, youth group; Community - boy scouts, girl scouts, theatre, sports, etc...

| School, Church, <br> Community | Experiences |
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## Assembling Your 4-H Record Book

A 4-H Record Book is a summary of your accomplishments in 4-H. The reporting year runs from June 1 through April 3 of the following year. Record books are due the first part of June. The exact date will be in the 4-H newsletter. This is not a scrapbook; do not include award ribbons, certificates, newspaper clippings, etc. These record book pages are for use by 4-H'ers ages 9 through 13. Members who are 14 years old on September 1 of the current year must use the Oklahoma 4-H Report Form.

Keep your record book in a folder or notebook. You will want to be able to add pages to your book as needed. It is recommended that the final copy be placed in a green cardboard folder entitled, "Member's Record", which is available for purchase at the County Extension Office. The record book pages should be handwritten in ink by the $4-\mathrm{H}$ member (erasable ink pens are ideal for this). Use one set of title pages in the book. Use as many of the continuation pages as you need behind each title page to report what you have done. Do a new set of pages each year. Move the previous year's pages to the back of the book tabbed with the year.

The sections of your record book will include:

- 4-H Story
- Project Work Completed
- What Have You Learned?
- Leadership
- Citizenship
- Awards Received in 4-H
- 4-H Activities Participated In
- Non-4-H Experiences in School, Church, Community
- 4-H Photos - Each year you may include one page of pictures for each project you report plus two pages of miscellaneous pictures. Pictures should be on only one side of the paper with no overlapping. Each picture should include a short caption. If you have reported in the photography project, you may include an additional 10 pages of pictures illustrating photography learning experiences.


## Omit the instruction pages when assembling record book!

## Examples

## Project Work Completed

Year: 2004-05

| Project | Project Work/Activity | Level |
| :---: | :---: | :---: |
| Beef | Fed and watered Angus heifer daily | L |
|  | Cleaned pen daily | L |
|  | Read beef project materials | L |
|  | Exhibited heifer: County Fair, placed $2^{\text {nd }}$ | C |
|  | Tulsa State Fair, placed $6{ }^{\text {th }}$ | S |
|  | Local Show, ${ }^{\text {st }}$ and breed champ | L |
|  | Observed veterinarian giving blackleg vaccine and Dewormer | L |
| Food \& Nutrition | Prepared after-school snacks - 14 times | L |
|  | Fixed hamburgers for family - 5 times | L |
|  | Presented demonstration on beef snacks at local club and county contest, 39 people in attendance | L, C |
|  | Helped grandmother make plum jelly | L |
|  | Entered jelly in the County Fair, placed 3 ${ }^{\text {rd }}$ | C |
| Forestry | Collected and pressed leaves | L |
|  | Prepared Forestry exhibit for County Fair, placed $1^{\text {st }}$; entered in State Fair, placed $9^{\text {th }}$ | C, S |
|  | Led workshop on leaf rubbings for local club, 12 attended | L |

What Have You Learned?
Year: 2004-05

| Project | What was learned? |
| :--- | :--- |
| Beef | To identify these breeds of cattle: Angus, Shorthorn |
|  | How much to feed my heifer; to provide fresh water daily |
|  | To wash and dry my heifer; to use the show stick |
|  |  |
| Food \& Nutrition | How to measure dry and liquid ingredients |
|  | To safely use the microwave |
|  | How to get juice from the plums; to correctly fill the jars |
| Forestry |  |
|  | To identify different types of leaves |
|  | How to press the leaves for an exhibit |
|  |  |

## PROJECT MEDAL SELECTION

Achievement
Aerospace
Agriculture
Aquaculture
Beef
Bicycle
Biological Sciences
Cat
Cavy
Child Care \& Development
Citizenship \& Civic Education
Clothing \& Textile
Communications
Computer Technology
Community Service
Consumer \& Family Sciences
Consumer Education
Cooking
Dairy
Demonstration
Dogs
Electricity
Engines, Tractors \& Field Equipment
Entomology \& Bees
Family Life
Fashion Revue
Food \& Nutrition
Food Science
Forestry
Gardening \& Horticulture
Goats

Healthy Living
Hobbies \& Collections
Home Environment
Horse
Industrial Arts
Judging
Lamp of Knowledge
Leadership
Llama
Money Management
Outdoor Education \& Recreation
Performing Arts
Personal Development
Pets
Photography \& Video
Physical Sciences
Plant Sciences
Poultry
Public Speaking
Rabbits
Reporting Media
Robotics
Safety
Sheep
Shooting Sports
Swine
Technology \& Engineering
Vet Science
Visual Arts
Wildlife \& Fisheries
Wood Science

