McClain County 4-H

4-H Record Book	
4-H Year June 1, 20 to April 3, 20	
Member's Name:	
Address:	
4-H Club:	
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 medal, 4-H'er should report at least 2 (or more) new things lea Participate in at least 2 learning experiences in the reported project in the reported project; 4) Have at least one citizenship or leader any project); 5) Complete a 4-H Story. Medals I would like to receive: Medals I have alre	trned in a project; 2) t; 3) Show work done ship activity (may be eady received:
Place a check beside the project that you want	:-
<u> </u>	
Parent's signature	
Leader's signature	

4-H Story	V	
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Year -

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...

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).

Year: ____

Project	Project Work/Activity	Level

roject	What was learned

Year: ____

What have you learned?

Leadership	Year:
What leadership activities have you been involved in?	May include helping others on a one-to-

What leadership activities have you been involved in? May include helping others on a one-to-one 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 Reached	Level
		Readiled	

Citizenship	Year:
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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. Helped	Hours	Level

Awards Received in 4-H Year: _____

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

Project	Project Work/Activity

4-H /	Activities	Partici	pated In
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Yea	r -		
ıca			

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

		/ Continued	Year:
Project	Activity/Experience/Award, etc		Level

Use this page when title page is full – use as many as needed

Non-4-H Experiences in School, Church, Community	Year:
May include: School - sports, hand, honor roll: Church - choir, youth ar	oun: Community – hov

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

School, Church, Community	Experiences

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-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

Year: 2004-05

Project Work Completed

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 nd	С
	Tulsa State Fair, placed 6 th	S
	Local Show, 1 st and breed champ	L
	Observed veterinarian giving blackleg vaccine and	L
	Dewormer	
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	L, C
	county contest, 39 people in attendance	
	Helped grandmother make plum jelly	L
	Entered jelly in the County Fair, placed 3 rd	С
Forestry	Collected and pressed leaves	L
	Prepared Forestry exhibit for County Fair, placed 1st;	C, S
	entered in State Fair, placed 9 th	
	Led workshop on leaf rubbings for local club, 12 attended	L

What Have You Learned?

What Have You Learned?			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 **Healthy Living**

Hobbies & Collections Aerospace Agriculture Home Environment

Aquaculture Horse

Beef **Industrial Arts Bicycle** Judging

Biological Sciences Lamp of Knowledge

Cat Leadership Cavy Llama

Child Care & Development Money Management

Citizenship & Civic Education Outdoor Education & Recreation

Clothing & Textile **Performing Arts** Communications Personal Development

Computer Technology Pets

Community Service Photography & Video Consumer & Family Sciences **Physical Sciences**

Consumer Education **Plant Sciences**

Cooking **Poultry**

Dairy **Public Speaking** Demonstration Rabbits

Dogs Reporting Media

Electricity Robotics Engines, Tractors & Field Equipment Safety

Entomology & Bees Sheep

Family Life **Shooting Sports** Fashion Revue Swine

Food & Nutrition Technology & Engineering Vet Science Food Science

Visual Arts Forestry

Gardening & Horticulture Wildlife & Fisheries Goats Wood Science