First Record Book Submitted (please highlight): YES NO

# My 4-H <br> Record Book 

Attach 1 Head Shot Photo

Name

## 4-H Club

Year in 4-H<br>(i.e. $1^{\text {st }}$ year, $2^{\text {nd }}$ year, etc...)

$\qquad$

## PAYNE COUNTY RECORD BOOK AWARDS

(PLEASE INDICATE WHICH MEDALS YOU ARE APPL YING FOR uSING B=BRONZE PIN, S=SILVER MEDAL, G=GOLD MEDAL)



Health \& Fitness
Fitness Leadership
Healthy Lifestyles
H orse
Horticulture \& Plant Sci
$\square$ Forestry $\begin{aligned} & \square \text { Gardening \& Horticulture }\end{aligned}$


Safety
Sheep
Shooting Sports
Other not listed


Swine Veterinary Science Wildlife \& Fisheries Entomology
All Other Projects, Agric \& Natural Resources $\square$ Petroleum Power Family \& Consumer Science Consumer Educ Entrepreneurship
All Other Projects,
Science \& Technology


All Other Projects,
Small Animals

***All of these listed projects are available for Payne County Record Book Awards. The project areas listed in bold type are also state level project areas. Non-bold project titles are listed under the state project to which they are most closely related.
***The above projects in bold are State 4-H projects and Objectives can be found at -- 2023-project-objectives-book.pdf (okstate.edu)

## *** Project Fast Facts can be found at -- Project Fast Facts | Oklahoma State University (okstate.edu)

## AWARDS JUDGED BASED ON COUNTY 4-H RECORD BOOKS (PLEASE CHECK WHICH SPECIAL AWARDS YOU ARE APPLYING FOR) <br> ***4-H members can only receive these special awards one time in each age division


#### Abstract

$\square$ DANFORTH "I DARE YOU" AWARD - 2 Outstanding Four-Square Senior 4-H Members (age 15 \& older) who possess leadership qualities. Based on overall 4-H record. NOTE: Four-Square philosophy is the balancing of one's mental, physical, social and spiritual capacities.


$\square$FOOD-SCIENCE AWARD - 2 Outstanding Food-Science project based on overall work in this project for all years. Based on county record book Food-Science project work. (1) Junior Member $3^{\text {rd }}-7^{\text {th }}$ grade and (1) Senior Member $8^{\text {th }}-12^{\text {th }}$ grade. Members can only win the Food-Science Award once as a Junior and once as a Senior.

Junior Food Science Award (3 ${ }^{\text {rd }}-7^{\text {th }}$ Grade)
Senior Food Science Award (8 $8^{\text {th }}-12^{\text {th }}$ Grade)
DOWELL AWARD - 2 Outstanding 4-H members in $7^{\text {th }}$ grade or below and has not turned in a State Record book. Must complete Oklahoma Report Form to apply for this award. Application can be found on the Oklahoma 4-H website (http://4h.okstate.edu/members/record-book-and-scholarship-information/record-book-and-scholarship-info.html) under "Report Forms and Applications."

$\square$JORDAN MORRIS MEMORIAL CITIZENSHIP AWARD - Presented to one outstanding Junior and one outstanding Senior member. Based on Citizenship section of County Record Book. Applicants may fill out only Citizenship section if desired. \$100.00 award to the Junior winner; $\$ 200.00$ award to the Senior winner. The top three (3) finalists in each age division will be interviewed. (Junior $3^{\text {rd }}-7^{\text {th }}$ grade $\&$ Senior $8^{\text {th }}-12^{\text {th }}$ grade) ${ }^{* * * *}$ Members can only win the Jordan Morris Memorial Citizenship Award once as a Junior and once as a Senior.
$\square$ Junior Jordan Morris Memorial Citizenship Award ( $3^{\text {rd }}-7^{\text {th }}$ Grade)
$\square$ Senior Jordan Morris Memorial Citizenship Award ( $8^{\text {th }}-12^{\text {th }}$ Grade)

## AWARDS JUDGED BASED ON STATE 4-H RECORD BOOKS AND APPLICATION FORM

ODUANE MCVEY SCHOLARSHIP - \$350 award for one outstanding Senior 4-H member (high school junior or senior) who has been in 4-H 5 years, must have a 2.5 GPA, and plan to attend OSU. Scholarship is based on state 4-H record book and application form.

GLORIA HESSER MEMORIAL SCHOLARSHIP—\$1500 award for one outstanding 4-H member who is a senior in high school the year of the application. Scholarship is based on state 4-H record book and application form.

TARPEY HALL OF FAME - Awarded to 2 outstanding Senior 4-H members (upcoming junior, senior, or college freshman). Based on state 4-H record book, application form, and story. Must submit a state record book in state competition to qualify for this award.
$\qquad$

## PAYNE COUNTY RECORD BOOK AWARDS

(PLEASE INDICATE WHICH MEDALS YOU HAVE ALREADY RECE/VED USING

## B=BRONZE PIN, S=SILVER MEDAL, G=GOLD MEDAL)



Achievement
Personal Development
Agriculture
Poultry
Beef
Breads
Child Care

Citizenship
Cultural Education
Conservation of Natural Resources
$\square$ Dairy


Dog
Fabric \& Fashion
Food Science
Food Preservation


Fitness Leadership
Healthy Lifestyles
Horse
Horticulture \& Plant Sci
Forestry
Gardening \& Horticulture


Plant \& Soil Science
Leadership
Performing Arts
Photography
Public Speaking
Recreation \& Leisure Arts


Bicycle
Visual Arts
Wood Science


Swine

| $\square$ | Veterinary Science |
| :--- | :--- |
| $\square$ | Wildlife \& Fisheries |

Entomology
All Other Projects, Agric \& Natural Resources
 Family \& Consumer Science


Small Animals


AWARDS JUDGED WITH RECORD BOOKS
(Please indicate the year in which you received these awards.)
$\square$ DANFORTH "I DARE YOU" AWARD
$\qquad$ FOOD-SCIENCE JUNIOR AWARD
$\square$ FOOD-SCIENCE SENIOR AWARD
$\square$ DOWELL AWARD
$\square J O R D A N$ MORRIS MEMORIAL JUNIOR CITIZENSHIP AWARD
JORDAN MORRIS MEMORIAL SENIOR CITIZENSHIP AWARD
DUANE MCVEY SCHOLARSHIP
$\square$ GLORIA HESSER MEMORIAL SCHOLARSHIP
$\square$ TARPEY HALL OF FAME General 4-H Work Summary For the Year

(General Work will be new each year)

- Complete this form by checking the box to report your overall 4-H activities for the current year in each of the indicated categories.
- This reporting can include both project and non-project work completed in the current year.
- This minimum level of current year 4-H participation, along with the cumulative work reported in your project area, is required to earn a project medal at the corresponding level.
- All 4-H involvement should be included in the detailed record book reporting, while only the minimum requirements for each medal are checked on this form.
- Record books at the GOLD level will be evaluated for outstanding awards in each project area on the basis of all project work done, not only the minimum requirements reported here.

| General 4-H Activities Summary | Bronze | Silver | Gold |
| :--- | :--- | :--- | :--- |


| Completed 4-H Story | $\square$ |  |  |  |
| :--- | :--- | :--- | :--- | :--- |


| Citizenship |  |
| :--- | :--- |
| Citizenship / Community Service | $\square$ |
|  |  |


| Leadership |  |  | $\square$ | $\square$ |
| :--- | :--- | :--- | :--- | :--- |
| 4-H Leadership |  |  |  |  |
| 4-H Offices Held |  |  |  |  |
| Committees Served On |  |  |  |  |
| To Group or Individual |  |  |  |  |


| Public Speaking |  | $\square$ |  |  |  |  |
| :---: | :--- | :--- | :--- | :--- | :--- | :--- |
| Speeches / Illustrated Presentations |  |  |  |  |  |  |


| Participation in County 4-H Events |  | $\square$ |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Workshops / Programs Attended |  |  |  |  |
| Tours / Field Trips Attended |  |  |  |  |
| Judging Events / Workouts Attended |  |  |  |  |
| Other 4-H Events/Activities/Programs |  |  |  |  |



[^0]
## 4-H STORY

Read the general rules to learn more on how to write a $4-\mathrm{H}$
Story. (General Work will be new each year)
250 Word Minimum Story required for medal

## 4-H Speeches and Illustrated Presentations

(General Work will be new each year)

| Year <br> Example $(22-23)$ | Kind/Name of Presentation <br> (Example: "How to Set The Table" Illustrated Presentation) | Location/Level <br> (Example: Payne County 4-H <br> Illustrated Talk Contest, Glencoe/County) | Attendance <br> (Estimated number of people who observed your presentation) | Award <br> (Blue <br> Ribbon, Reserve Champion Plaque) |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

4-H Exhibit Record
(Examples: Fairs, Food Show, Share-The-Fun, Dress Revue, Dress to Impress, Animal Shows, Shooting Sports Competitions, Market Place, Pumpkin Show Etc.)
(General Work will be new each year)

| Year <br> Example <br> (22-23) | Kind/Name of Exhibit <br> (Example: "Club at the End of the Block" Group Act) | Location/Level <br> (Example: Payne County Share-The-Fun Contest, Cushing/County) | Attendance <br> (Estimated number of people who observed your exhibit) | Award <br> (Grand Champion, Large Group) |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

## Workshops, Programs, and Mentoring Experiences

(For All Project Areas)
(General Work will be new each year)
$\left.\begin{array}{|c|c|c|c|}\hline \text { Year } & \text { Name of Workshop/Program } & \text { Location/Level } & \text { Presenters } \\ \text { (22-23) } \\ \text { (Example: 10-week Dog Obedience } \\ \text { Course) }\end{array} \quad \begin{array}{c}\text { (Example: Payne Countr } \\ \text { Expo Center/County) }\end{array} \begin{array}{c}\text { (Example: Payne } \\ \text { County Ext Educator } \\ \text { or Name of Person) }\end{array}\right)$

Tours and Field Trips Attended
(For All Project Areas)
(General Work will be new each year)

| Year | Name of Tour/Field Trip <br> Example <br> (22-23) | Place Toured/Level <br> (Example: Dairy Foods Tour) | Sponsor <br> (Example: Braum's Dairy in <br> Tuttle/Club) |
| :---: | :---: | :---: | :---: |
|  |  |  | (Example: Clover <br> 4-H Club) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |



## Judging Events, Practice, Rehearsals and Workouts Attended

(General Work will be new each year)

| Year | Name of Event <br> Example <br> $(22-23)$ | Location/Level <br> (Example: Horticulture <br> Judging Contest) | Award <br> (Example: Payne County <br> Fair/County) |
| :---: | :---: | :---: | :---: |
|  |  |  | (Example: 4th <br> Individual) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## 4-H Offices and Committees

(General Work will be new each year)

| Year | Office Held or <br> Example <br> (22-23) | Level <br> (Example: Telephone Committee) | Responsibilities <br> (Example: <br> Club) |
| :---: | :---: | :---: | :---: |
|  |  | (Example: I called a list of 10 members <br> before each monthly 4-H meeting.) |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Payne County Free Fair Involvement

(General Work will be new each year)

| Exhibit and/or Involvement | Exard <br> (Blue <br> Ribbon, <br> Reserve <br> Champion <br> Plaque) |
| :--- | :--- |
|  | Awast five - Other involvement can go under exhibit record |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

4-H Leadership
(For All Project Areas)
(General Work will be new each year)

List individual or group leadership roles in local, county, district, and state 4-H events and activities (not to include elected leadership positions). This can include workshops, short courses, displays and programs planned and conducted; tours and field trips planned and conducted; one-on-one teaching experiences; and other leadership experiences in which you have participated, such as newspaper articles or radio/TV broadcasts.
$\left.\begin{array}{|l|l|l|l|l|}\hline \text { Year } \\ \text { Example } \\ \text { (22-23) }\end{array} \quad \begin{array}{c}\text { Name of Leadership Activity } \\ \text { (Example: 4-H Camp) }\end{array} \quad \begin{array}{c}\text { Leadership Role } \\ \text { (Example: Organized and taught } \\ \text { a wood crafts workshop) }\end{array} \begin{array}{c}\text { Estimated } \begin{array}{c}\text { People } \\ \text { Served or } \\ \text { Reached } \\ \text { Example: 20 }\end{array} \\ \hline\end{array} \begin{array}{c}\text { Example: } \\ \text { County }\end{array}\right]$

## Citizenship/Community Service

(For All Project Areas)
(General Work will be new each year)

List all activities and add additional pages if applying for the Jordan Morris Memorial Citizenship Award.

| Year <br> Example <br> (22-23) | Name of Citizenship or Community Service Activity <br> (Example: Christmas Caroling) | Individual or Group Helped/Location/Level <br> (Example: Nursing Home/Stillwater/Club) | Estimated <br> Number of People Served or Reached <br> Example: 20 | Service Performed List as Individual or Group |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

List trips, medals, trophies, plaques, ribbons, scholarships and other recognition not listed on other participation pages.

| Year | Awards and Special Recognition Received for Your 4-H Work | Level |
| :---: | :---: | :---: |
| Example <br> $(22-23)$ | (Example: 4-H Citizenship Trip to Washington, D.C.) | (Example: State) |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

# Other Participation in 4-H Events/Activities/Programs <br> (General Work will be new each year) 

$\begin{array}{|c|c|c|}\hline \text { Year } & \text { Name of 4-H Event/Activity/Program } \\
\text { Example } \\
(22-23)\end{array} \quad$ (Example: Discovery Unlimited) \(\left.\begin{array}{c|}Location/Level <br>
(Example: Saints Grove <br>

Camp, Stillwater/State)\end{array}\right]\)|  |
| :--- |

Participation in Non-4-H Experiences
(General Work will be new each year)

List school, community and/or church events, activities, programs, and experiences not listed on other participation pages or in project sections.

| Year | Name of Event/Activity/Program/Experience |
| :---: | :---: | :---: |
| Example |  |
| (22-23) |  |$\quad$| Lexample: Helped with Vacation Bible School) |
| :---: | | (Example: Zion Lutheran <br> Church, <br> Stillwater/Church) |
| :---: |

Project Activity Record For My

## All activities reported on this form must be related to work done in this project.

Record activities cumulatively as you progress in your project work throughout your years of involvement.
To qualify for a medal:

- complete the requirements of project work at the desired level (bronze, silver or gold), and include the requirements from previous levels
- complete the corresponding level (bronze, silver or gold) of general 4-H activities for the current year.
- Add the five digit year (example 09-10) to the appropriate box when the requirement is met. (Use font size 6)
- Include a photo page in each project area. (max. one page per project per year. The only exception is photography which can have three pages per year.)

| Project Activities | Bronze | Silver | Gold |
| :--- | :---: | :---: | :---: |


| Work Done in Project |  |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| New Things / Skills Learned |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## Participated in Workshops /

Tours / Field Trips / Judging
Events or Workouts /
Mentoring Experiences

## Provided Leadership

- To Individual or Group
- Led Workshop

Public Speaking Activity

Citizenship / Community Service

## Photo page with captions (required)

(Maximum of one photo page per project per year - except photography project which can have 3 photo pages.)

Year 1 in Project $\qquad$ Age at 9/1/ $\qquad$ years old
(Example: Project 22-23 )
Level of Achievement this Year:
 Bronze
 Gold O No Medal

Year 2 in Project $\qquad$ Age at 9/1/ $\qquad$ ___years old Level of Achievement this Year: Bronze, $\bigcirc$ Silver, Gold, $\bigcirc$ No Medal

Year 3 in Project $\qquad$ Bronze, $\bigcirc$

Age at 9/1/ $\qquad$ years old Level of Achievement this Year: Bronze, $\bigcirc$ Silver, $\bigcirc$ Gold, $\bigcirc$ No Medal

Year 4 in Project $\qquad$ Bronze,

Age at 9/1/ $\qquad$ years old Level of Achievement this Year: ONo Medal

Age at 9/1/ $\qquad$
$\qquad$ years old
Year 5 in Project $\qquad$ Bronze, $\square$ Silver, $\qquad$ No Medal

Age at 9/1/__ years old
Year 6 in Project $\qquad$ Bronze,
$\qquad$ Bronze, $\bigcirc$

Age at 9/1/ $\qquad$ years old
Year 7 in Project
$\qquad$ Silver, Gold, No Medal

Age at 9/1/ $\qquad$ years old Year 8 in Project
Level of Achievement this Year:
Bronze, d, No Medal

Year 9 in Project $\qquad$ Age at 9/1/ $\qquad$
$\qquad$ years old Level of Achievement this Year: $\bigcirc$ Bronze, Silver, $\bigcirc$ Gold, $\bigcirc$ No Medal

Year 10 in Project $\qquad$ Bronze, $\square$
Age at 9/1/ $\qquad$ years old Level of Achievement this Year:
 $\bigcirc$ Silver, Gold, ONo Medal Judges Comments

## New Things Learned in My Project

List the new things you learned in your 4-H project work. Please be specific.

| Year |  |
| :---: | :--- |
| Example: <br> (22-23) | I learned to keep clean, fresh water in front of my lambs every single day so they would <br> be healthy and would gain more weight. |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Work Completed in My Project

List all project work, including (but not limited to) items made, animals owned (can include income and expenses), hours worked, articles read, tasks completed, and project-related activities such as presentations, tours and workshops.
List should include project-specific work listed in 4-H participation section.
Create your own headings to fit your project. Use creativity to record project work.

| Year <br> (22-23) | Example: <br> Fed and watered my dog every day (100 hours during the year) |
| :---: | :--- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Pictures in
My

## Project

Include three pictures. Each picture requires one caption. Picture pages are limited to one page (front only) per project for the current year. In the Photography Project, you may have three pages of project pictures.


[^0]:    ** First record book submission - Fair involvement may be waived.

