

Year Book Example

Please look at last two pages for Judges comments.
Recommended Tab dividers for the sections listed below.

4-H Table of Contents

- A. 4-H Photo
- B. 4-H Summary Report
- C. 4-H Story
- D. 4-H Project
- E. 4-H Project Pictures



(Your Name)

(Your 4H Age of 2010)

(Your Address)

The H-Team

Anne Arundel County



Club Participation

Number of Meetings I Attended (check or make notes)

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007
2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008
'09 (4)	'09(4)	'09(5)	'09(4)	'09(4)	'09(4)	'09(1)	'09(0)	'09(1)	'09(5)	'09(5)	'09(4)

Committees & Offices (4-H & Other)

Name of Committee/Office/Role	Description/What I Did
Vice President	helped conduct meetings

Promotional Activities

I promoted or publicized 4-H in these ways during the year (for example, news articles, TV, radio, 4-H Ambassador responsibilities, displays, fair booths, flyers, new member recruitment, expansion efforts):

Date	Activity Be Specific – Explain Activity & Location	Results
september 2009	demonstration at state fair	blue
october 2009	open house	new members
october 2009	trick or treat so folks can eat	food for hungry



Communication Activities

I took part in the following communication activities (for example, judging, demonstrations, illustrated talks, public speaking, conference judging, reports at club meetings, community groups):

Date	Type of Communication	Title	Event or Location
Febuary 20 th 2008	Public Speaking	Peer Mediation	Annapolis HS
03.27.09	Demonstration Speech	Blizzard in a Bowl	4-H office
08.29.09	"	"	State Fair
10.05.09	"	"	H-Team Open House
10.10.09	Campaign Speach	Vote For Me	H-team Elections
08.29.09	Purchase Power		State Fair
09.09	4-H Bicycle rodeo		AA Co Fair
09.09	4-H Consumer Judging		AA Co Fair
09.09	4-H Outdoor Skills-Junior		AA Co Fair

Awards and Honors

Include 4-H awards and honors such as fair and county recognition (you may add additional pages)

Date	Activity/Event	Award	Location
Febuary 20 th 2009	public speaking	blue	Annapolis HS
2009	demonstration speech	Reserve Champion	4-H office
August 29 th 2009	demonstration speach	blue	state fair
July 10 th 2009	fashion revue	Blue	Heart Homes
Aug 09	PJ's Sewing Project Ceramic Turtle Painted Christmas Box Wood CD Rack Stamped Leather Key Ring Sculpty Robot Photo Challenge	First Third Ninth Fourth Second Eigth Fourth	State Fair - 4H
Sept 09	PJ's Sewing Project Ceramic Turtle Painted Christmas Box Wood CD Rack Stamped Leather Key Ring Sculpty Robot Photo Challenge Tie Dye T-Shirt	Red Blue Blue/Champion Blue/Champion Red Blue/Champion Blue Blue	PG County Fair - 4H
Sept 09	PJ's Sewing Project Tie Dye T-Shirt	Second Participation	AA County Fair-Open Class

	Ceramic Turtle Painted Christmas Box Wood CD Shelf	Third First Second	
Sept 09	Bicycle Rodeo	First	AA Co Fair
Sept 09	Consumer Judging	Sixth	AA Co Fair
Sept 09	Outdoor Skills	Second	AA Co Fair



Journal of Activities, Events, and Experiences

Use this page to record all activities, events, and experiences as you have them. Include 4-H, volunteer, community, citizenship, leadership, service learning, school, and other activities.

Date	4-H Event	Type of Activity or Event	Location	Description
07.10.09 07.11.09		Fashion Reveue Zoo Trip	Heart Homes Baltimore Zoo	
02.20.09		County Public Speaking	County Fair	
06.06.09 06.13.09 06.19.09/ 06.19.09		Bike Ride Six Flags Trip Lock in	B&A Trial Six Flags Club Meeting Space	24 mile ride
08.02.09/ 08.07.09 08.28.09/ 09.07.09		4-H Camp Maryland State Fair	Garret County Timonium	
09.14.09/ 09.20.09		AA Co Fair	Crownsville	
10.26.09		Trick or Treat, So Folks Can Eat	Mountian RD	
11.14.09		Turkey Shoot	Crofton MD	
12.21.09		Caroling	Heart Homes	

(Add other pages as needed)

Developed by
L. Martin Hamilton
Alice Hevner
Mary Ellen Waltemire

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, University of Maryland, College Park, and local governments. Thomas A. Fretz, Director of Maryland Cooperative Extension, University of Maryland.

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My 4H Story

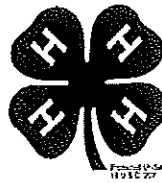
My name is (Name) My 4-H age is 10. This is my third year in 4-H. I enjoy arts and crafts and participating in school activities. The 4-H pledge reminds me to use my head, heart, hands, and health when I am around people.

I use my head in consumer judging. I have learned to be a better shopper. I have learned to buy items at the best price. Also I have learned how to save money. Lastly, I have learned how to choose items with the best quality. The skills I have learned in 4-H makes me a better consumer.

I use my heart and hands by making and serving dinner to homeless men. My heart has learned that I am very lucky to have a home and food to count on. My hands have learned how to make fried chicken, mashed potatoes, mac and cheese, and chocolate chip cookies. By doing this activity it has helped me to appreciate what I have, and how I can share it with others.

I use health by learning about fruits and veggies and their vitamins and minerals in horticulture, so I eat more foods that make a strong and healthy body. I want to have a long and healthy life.

Through 4-H, I have learned to think more about others than just myself.



4-H Logo Protected Under 18 U.S.C. 707

4-H 510

4-H Project Record

(complete this form for each project)

Use tab key to move cursor to each field. Field will expand as you type.

- This Record Belongs to: (Your Name) Year: 2009
- Club Name: H-Team
 - Junior Intermediate Senior
 - Years in 4-H 3 yrs Birth Date 11.06.98
- My Project is: Sewing
 - Number of years in this project area: 3 yrs
 - Date project started: April/20/2009 (Month/Day/Year)
 - Date this year project was completed: July/09/09 (Month/Day/Year)
 - Size of project: 2 Items
- Title of Project Activity Guide: 6501
 - Level I,A Level 2,B Level 3,C Level 4,D Other
 - Year in Achievement Program Level: Year 1 Year 2 Year 3
 - Number of lessons completed during the 1st year: 8
 - Number of lessons completed during the 2nd year: 7
 - Number of lessons completed during the 3rd year: 6
- In this project, I would like to do and learn: How to make sleepwear.

I have completed this record and believe all information to be complete and accurate.

(Your Signature)

Member Signature

Date

Volunteer/Leader Signature

Date

Extension Educator

Date

Project Journal/Log

Date	Communications Topic or Title	Location	Rating
July 10, 2009	Fashion Revue	Heart Homes	blue
Aug, 2009	Fashion Revue	State Fair	participation

Date	Exhibit(s)	Location	Rating
Aug,2009	PJ's	State Fair	1 st place
Sept,2009	PJ's	PG County Fair	blue
Sept,2009	PJ's	AA Co Fair - Open Class	2 nd place

Learning Experiences - Include project meetings/workshops, shows, concerts, learning experiences, and anything related to your project. Record all the things as you do them.

Date	What I Did	What I Learned
April 20, 2009	Pattern and fabric purchase	Correct pattern sizing and fabric type
April 2009	Pre wash fabric	How shrinking your fabric is important
May 8, 2009	Cut pattern and fabric	Importance of careful cutting
May 8, 2009	Sewing pants inseam	Reinforcing top of inseam and proper seam finish
May 9, 2009	Sewing pants elastic waistband	How to measure my waist and make a casing
May 9, 2009	Sewing pants hem	Proper hem technique
June 15, 2009	Sewing side seams of top	Proper seam finish
June 15, 2009	Sewing straps of top	How to make spaghetti straps
June 15, 2009	Sewing facing and straps to top	How to align straps and facing
June 15, 2009	Sewing bottom hem of top	Proper hem technique
July 9, 2009	Pressing of entire outfit	Having a good pressing before the Fashion Revue

Need more room? Add a page.

List resources you used to learn more about your project. Include books, people, Internet, bulletins.

Ms Lisa and my mother, You Tube for Seam Finish Demonstrations, and the Pattern Instructions.

Describe the life skills you have learned/practiced in this project under each "H" of the 4-H Clover.



HEAD (managing and decision making): Decided on the clothing item I needed.



HEART (relating and caring): I applied a heart applique on the front of my top.



HANDS (giving and working): At our sewing lock-in, I helped other 4H members who had no sewing experience.



HEALTH (living and being): My PJ's will stop me from overheating while I sleep.

This project was . . . fun.

This project has encouraged me to . . . help others with my sewing knowledge and to patiently share my mom's help with other 4H members.

Supplemental Materials/Creative Time should be attached to your Record Sheet.

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2009 Projects



Ceramic Painted
Turtle

Making Tie Dyed
T-Shirts

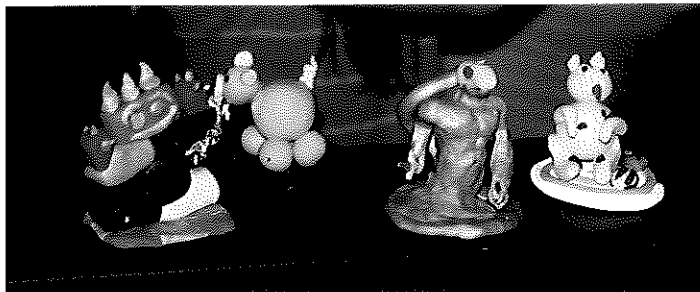


Woodworking:
Making a CD Rack



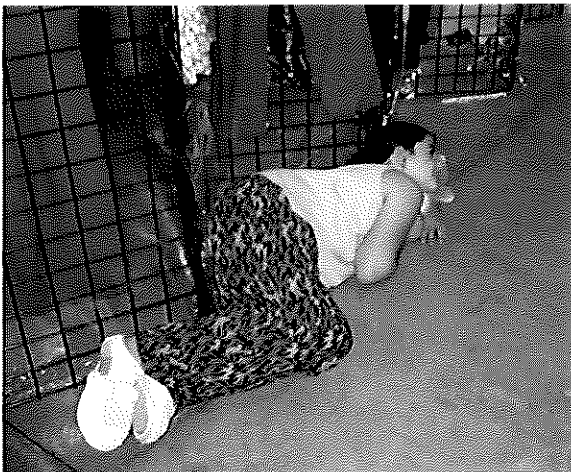
Taking Pictures
for Photography Class.

My Robot Figurine



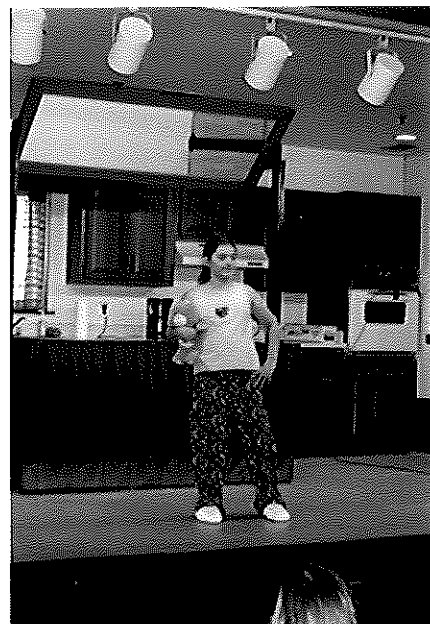
Sculpty Figurines (Club)

State Fair: Demonstration Speech



Mannequin Modeling
in my PJ's

State Fashion Revue
in my PJ's



**MARYLAND 4-H SCORE SHEET
JUNIOR RECORD BOOK**

NAME _____

Criteria	Possible Score	Actual Score	Comments
1. Content	40	18	
A. Personal Growth Impact To Date Future Impact B. Ability to see "Big Picture" Insight beyond themselves 4-H's impact on society C. Relates relevant personal experiences (avoids trite generalities)			<i>You showed how much 4-H has taught you valuable lessons in life</i>
2. Lifeskills Learned		20	
A. Decision Making B. Creative Choices C. Honesty D. Record Keeping E. Respect to Self & Others F. Fairness To All G. Communications			

SCORE

One Score for each category
 Achievement/Leadership/Citizenship
 4-H Story
 Recordkeeping (from front page)

38/40
9/10
7/10
19/20

TOTAL *75/80*