

[illegible]

Age Categories:
13-15 & 16-18



4-H & YOU!

Answer questions on separate paper if needed. Please retype the questions

Looking back over the past year in 4-H:

1. Discuss your favorite thing about 4-H. It does not have to relate to the project reported in Section 3.

My favorite things about 4-H are all the trips and opportunities I can experience. Also, all the friends & memories that can be made

2. Who is your role model in 4-H? Why?

My mom and my older sister are both my 4-H role models because they have continued to give back to the 4-H program after they aged out. I hope to continue in their footsteps after I age out.

3. Discuss the most important thing you have learned during the past year in 4-H.

The most important thing I have learned this year is how to cooperate with younger kids and to have patience with them while serving as a Junior Leader

Looking to the future:

4. If you were in charge of 4-H, how would you make it better? In your:

County: I would like to find a way for the clubs to interact more often

District: I would like to find ways to get all the counties together more often during the year

State: I would like to have more state trips or events throughout the year to get more youth involved



SECTION 2

My 4-H Story

(Place your 4-H Story behind this page)

Your story is limited to no more than four (4) pages typed or handwritten. Your story should include all of your 4-H projects for this year.

Suggestion of things to include in your story:

Introduce yourself and include any information you choose to share about your interests, family, hobbies etc. Think about this as what would you say if you were given two minutes to introduce yourself.

Describe the impact 4-H has had on your life.

How has participating in the project you are completing in this Project Record impacted your personal growth?

Who has helped you in your 4-H journey?

How has your 4-H participation helped others?

What are your goals in life?

Summarize your experiences in 4-H.

Sections 3-5 of this record book can help you.

My 4-H Story

"It's in my blood" is a quote we hear people say all the time. Well in my case, when it comes to 4-H, it is true. **Hi, I am Rachel Wilson.** I am 14 years old and a member of Flowe Store 4-H Club in Cabarrus County.

My family has been involved in 4-H for almost 40 years. My grandmother started a local club in our town where my mom, aunt and uncle were members. My mom was only 8 years old when they started. My uncle is now our County Director and my older sister is a 4-H agent in another county. My mom also is a busy volunteer on the County and State level. I was a 4-Her from the time I was born. I don't remember a time 4-H wasn't a part of my life.

My passion is to be an actress. I love to perform and act. I have been in various short films locally and very active in the chorus program at my school. I also have performed in our County 4-H Expressive Arts competition since I was 5 years old. I have been fortunate to represent Cabarrus County at District Activity Day on 4 different occasions. I have also performed my talent act at NC 4-H Congress and performed the National Anthem twice at NC 4-H Congress. My goal is to attend the University of North Carolina School of Arts after High School pursuing a career in acting.

4-H has helped me with my performing. By researching and learning presentations and public speaking, it has helped me to memorize scripts and be confident at auditions and in front of the camera or audience.

This year I really stepped into a leadership role in my 4-H career. I was our County Council President, where I presided over our County Council meetings and assisted our county agent where needed. I had to learn how to coordinate with the other officers for us to get together for planning meetings, etc. Sometimes that was challenge with all of our busy schedules.

For the past several years, my brother and I both volunteer at the day camps for our 4-H Afterschool clubs during our Spring Break and a week during Summer Break. These camps have taught me how to work with the younger kids and allowed me to gain some leadership experience. We have also participated in the Afterschool Club Officers training and installation for the past several years. This year, I trained approx. 15 Presidents/Vice Presidents on their officer duties and then presided over the installation ceremony for all the officers. I really enjoy being able to help with this every year.

I also took on a role of Junior Leader for our summer programs this year. That was something completely new for me. I assisted at 4 different summer day camps for over 30 hours and approximately 20 campers. I had to learn how to deal with the different attitudes of kids and keep them occupied during the camps. I really enjoyed this and cannot wait to be a Junior Leader again this summer. I hope to be able to assist with more camps and classes this year and take on more leadership roles.

My mom, brother and I also volunteer to lead Clover 101 in our county every month. This is a class for prospective 4-H families where we introduce them to

the 4-H program, helping them find the right fit for their family. We really enjoy this and get excited to see the new kids that may be joining our program. I was very honored (and surprised, I had no idea my agent even submitted me) to win the South Central District Youth Volunteer Award. I am very glad I have the opportunities to volunteer and represent the clover in my local community.

This year I did my 4-H presentation in Public Speaking. I spoke about Youth Leadership and how we are eager and ready to take leadership roles with the right guidance from our adult leaders. I placed Gold in my county and Bronze at District. I was disappointed I did not get to compete on the state level, but it only encourages me to work harder this year to get there.

Being old enough to attend the teen events now such as Winter Enrichment, Teen Retreat, 4-H Congress and State Council Conference, I am excited to be able to take on my leadership roles in teaching workshops, etc.

This year, one of my goals is to run for a District Office. I am excited about this journey. I also hope to take on my leadership roles by teaching more programs and volunteering through out the county. I plan to compete in a presentation and in the AIRE program this year. I would love to have the opportunity to attend National 4-H Congress.

I cannot wait to see where my 4-H journey continues in the future. I hope to get more involved on the District and State level and one day be able to follow in my families foot steps by continuing to give back to the program when I am an adult.

Thank you!



Program Year: 2017

SECTION 3

4-H Project Focus

Personal Development and Leadership

(Name of 4-H Project)

- We "learn by doing" in 4-H. List the specific things you learned and did in this project area during the past year.
- List knowledge and skills gained as well as the things you learned how to do. Use numbers to show how much you did and learned.
- Please list the most important presentations, talks, exhibits, camps, judging events, workshops, or any other learning experiences in which you have participated related to your project. Include dates and level of participation.
- Please list the work you have done this year (from January - December) using a bullet statement, list, and/or chart.

Activity & Date	Knowledge/Skills Gained from this Activity	Level
Attended 4-H Congress-July 25-28, 2016	Completed soil tester kit and learned to solder.	S
When completing your project record or portfolio, you may delete examples above.		

(Attach pages here)

Savings, Profits, Losses

If applicable, please list your savings, profits, and losses when appropriate in this section.

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National

Section 3

Personal Development and Leadership

Activity & Date	Knowledge/Skills Gained from this Activity	Level
January 21, 2017-Winter Enrichment	Learned how to work together as a team	D
March 18, 2017-Teen Retreat	Learned how to begin the Ambassador program	D
April, June & July	Performed in County, District & State Talent Show. Learned to improve singing techniques and how to perform in front of larger groups	C, D, S
June 3, 2017-Jr Leader Training	Learned how to be a Jr Leader for Summer Programs	C
July 30, 2017-Attended 4-H Congress	Completed puzzles in a time limit to learn stress time management	S
July 31, 2017-Attended 4-H Congress	Created videos on the proper way to do Public Speaking	S
July 31, Attended 4-H Congress	Competed in the AIRE program. Learned how to handle myself in an interview setting and better public speaking techniques	S
July 17-19, 2017-Attended 4-H Investigates Camp	Solved "crimes" following the evidence and crime scene; had a mock trial where I was the clerk of court	C
September 4, 2017 -Attended State Council Conference	Learned how to effectively complete AIRE program	S
September 5, 2017-Attended State Council Conference	Learned how to bring Community Service programs back to my county	S



Program Year: 2017

SECTION 4

Leadership

- List all leadership activities in which you have participated.
- Be specific – list the number of people you taught and the name of the lesson (when applicable).
- Leadership involves holding offices and serving on committees.
- It can also involve teaching workshops, volunteering at 4-H day camps, leading/facilitating club programs, organizing events and meetings, recruiting new members, serving as a 4-H Ambassador, and motivating peers to set a goal and take action.
- List ways you have been a leader and/or have learned about leadership.

Please denote 4-H Leadership activities with an asterisk. If you are listing non 4-H Leadership activities, please list only those for which 4-H has helped you prepare.

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National

Activity	Accomplishment/Hours	Level
4-H Club presentation (TAUGHT workshop)	15 members learned about presentations	L
4-H County Council Meeting (TAUGHT workshop)	28 club members learned how to make a healthy snack	C
4-H Club President	Led monthly meetings/12 hours	L
Coordinated service project at nursing home	75 residents participated/5 hours	C
When completing your project record or portfolio, you may delete examples above.		

(Attach pages here)

Section 4

Leadership

Activity	Accomplishment/Hours	Level
Officer Training	Trained 5 Incoming Club Presidents on their Presidential duties	C
Winter Enrichment	Led a workshop on Public Speaking to group of 20	D
Achievement Night	Presided over County Achievement Night; assisted in distributing awards and club officer installation to group of 75	C
Club Meeting Program	Led club meeting program on history of St Patricks Day to group of 9	L
County Council	Served as County Council President by presiding over Council meetings/10 hours	C
Treen Retreat	Assisted in leading workshop on "What is 4-H" for group of 15	
Clover 101	Assisted in educating prospective 4-H families on 4-H program/7 hours	C
Expressive Arts Competiton	Presided over Expressive Arts Awards/3 hours	C
Spring Fun Day	Led workshop on Herb Garden Greenhouse for 4-H Afterschool day camp for approx. 75 campers/6 hours	C
Fun with Foods	Assisted in Fun with Foods Day Camp for approx 12 campers/6 hours	C
Solar Eclipse Class	Assisted in field trip class to see/learn about the Solar Eclipse for group of 10	C
4-H Summer Fun Days	Assisted in 3 day camp for approx 125 4-H Afterschool campers/18 hours	C
Electric Camp	Assisted approx 7 campers at day camp, making lamps and learning about Electricity/6 hours	C
Astronomy Day Camp	Assisted leading approx 10 campers learning about Astronomy	C
4-H Afterschool Club Officer Training	Trained incoming Club Presidents/Vice Presidents on officer duties and presided over officer installation/4 hours	C
Hands to Service	Served as a group leader for Hands to Service project at 4-H Congress/2 hours	S
County Teen Lock In	Led a workshop on Team Building to approx 6 teens	C
Club Vice President	Assisted in monthly meeting programs/12 hours	L



SECTION 5

Program Year: 2017

Citizenship

- As teenagers, it is important to be civically engaged and make positive contributions in our communities. One way to do this is by participating and being involved in the political process;
- Citizenship activities might include: attending a town meeting where you were representing 4-H; sending a message to your state legislator about 4-H teen issues that have been identified on the state 4-H program level; promoting 4-H and Cooperative Extension to county commissioners or other government representatives; etc.
- Please denote 4-H Citizenship activities with an asterisk. If you are listing non 4-H Citizenship activities, please list only those for which 4-H has helped you prepare.

Citizenship

Responsible citizenship is an individual's demonstration of love and devotion in response to duties, rights and privileges as a member of a community or country. It includes loyalty to one's place of residence (city, state, county, country); the entitlements and privileges of citizenship, including voting, protection, participation in *government*; *obligations of citizenship*; learning about history and celebrating historical and cultural events; and appreciating and valuing diversity.

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National

Description of Activity and or Accomplishment	Level
*Attended 4-H Youth Summit	S
*Attended County Commissioner Meeting	C
*Recognition by local government/county commissioners for holding flag retirement ceremony	L, C
Researched Candidates and watched debates on TV	L
*Participated in a workshop on flag etiquette	S
Toured NC Museum of History	S
Visited National Monuments in Washington DC	N
When completing your project record or portfolio, you may delete examples above.	

(Attach pages here)

Section 5

Citizenship

Description of Activity and/or Accomplishment	Level
Attended Town Council Meeting	L
Attended School Board Meeting	C
*Participated in Flag Retirement Ceremony	C
*Presided over County Council Elections	C
Visited various National Monuments in Washington, DC	N
Visited the American Museum of History in Washington, DC	N
Toured the Nations Capital In Washington, DC	N
Toured the Federal Courthouse in Washington, DC	N
Sang with school chorus group at the State Capital Building in Raleigh, NC	S
Visited the National Archives in Washington, DC	N
Visited the Holocaust Museum in Washington, DC	N
*Was county voting delegate at NC 4-H Congress	S
Watched US Presidential Debates on TV	N
*Member of a District Office Campaign Speech	D
*Nemeber of a State Office Campaign Speech	S
Spoke to County Foundation on benefits of 4-H scholarships	C



Program Year: 2017

SECTION 6

Community Service

- List the community service activities you have participated in as a 4-H'er.
- Community service involves contributing to the quality of life in your community.
- Like many 4-H'ers, you may have participated in community service activities for your club or by yourself. Examples may include: volunteering at your local animal shelter, participating in a food drive, holding a fundraiser for your 4-H club, etc.
- List the number of hours you volunteered and who benefited from your volunteer service.

Please denote 4-H Community Service activities with an asterisk. If you are listing non 4-H Community Service activities, please list only those for which 4-H has helped you prepare.

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Examples

Activity	Hours	Level
Donated 2 bags of canned goods for Food for Families Food Drive	2	L
Writing letters to soldier	2	N
Made no sew blankets for the homeless shelter	5	C
Picked up trash at local park	2	L
Packed 10 book bags for Backpack Buddies	5	C
Packed food bags at 4-H Congress for Feeding Children Everywhere	3	S
When completing your project record or portfolio, you may delete examples above.		

(Attach pages here)

Section 6

Community Service

Activity	Hours	Level
*Pick up trash around BJP camp at Teen Retreat	1	D
*Baked cookies and delivered to local fire departments	3	L
*Volunteered 4-H Booth at local Earth Day fair	3	C
*Sold Paper Clovers at Tractor Supply (Spring/Fall)	6	N
*Spoke in front of 4-H Camp Orientation	1	C
*Babysat kids during Duke Energy meeting	2	C
*Participated in Hands to Service Project at 4-H Congress	2	S
*Made dog toys for local shelters	2	C
*Wrote letters to US Soldiers	2	C
*Picked up trash around local camp at teen lock in	1	C
*Volunteered at County 4-H Fair Booth during County Fair	9	C
*Made bags for homeless at State Council Conference	1.5	S



Program Year: 2017

SECTION 7

4-H Awards and Recognition

- List all the awards, honors, and recognitions you have received in 4-H, including contests, trips, certificates, ribbons, etc. Remember, only 4-H winnings go on this page! Specify whether they were National, Regional, State, District, County or Club awards.
- Experiences should be divided out between project specific awards that related to this Project Record area and other 4-H awards. List your Project specific awards first then follow with other awards for each page.

If you have not received any awards, do not leave the section blank. Instead write "No Awards Received".

Project Awards

Award/Recognition	For What Received	Level
Gold Medal	Personal Development/Leadership (sent to District level)	C,D

Other 4-H Awards

Award/Recognition	For What Received	Level
County Winner	Expressive Arts Competition	C
District Representative	Expressive Arts (performed at District & State)	D,S
District Winner	South Central District Youth Volunteer Award	S
County Gold	Public Speaking Presentation	C
District Bronze	Public Speaking Presentation	D

(Attach pages here)

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Program Year: 2017

SECTION 8

Non 4-H Experiences

- List any other groups, clubs, organizations, or sports teams to which you belong, as well as other items that have had a significant impact in your life, such as camps, conferences, or a job.

Participation Level/Accomplishments

Carolina Film Community

All County Chorus Member-School

School Show Choir Member

Non 4-H Awards & Recognition

- You may also list any awards you have won or recognition you have received outside of 4-H. Examples of activities you may have been involved in would include: school clubs, VBS, Girl Scouts, Boy Scouts, FFA, etc.

Type of Award/Recognition	For What Received
All year A Honor Roll	Receiving All A's on report cards at school all year
Positive Attitude Award	School team award for positive attitude
4 th Place School Talent Show	School Talent Show

If you have not received any awards, do not leave the section blank. Instead write "No Awards Received".

(Attach pages here)

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: __2017__

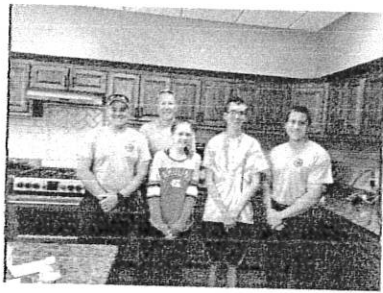
SECTION 9

4-H Photos and Supporting Materials

- The majority of this section should be about this specific project.
- Also include a small portion on your other 4-H projects and activities.
- There is a six-page limit.
- This can include pictures (with captions), drawings, news clippings, letters, certificates, poems, teaching tools, short stories etc.
- Please do not attach any item thicker than 1/8 of an inch.
- The use of clear non-glare protective sheets is **optional**.

Digital media should be no more than two minutes long. Please use YouTube to upload your videos, as this is our preferred method. Also, please note that all videos must have closed caption incorporated into it. This is a requirement. All digital media will count as one page.

(Attach pages here)



Baked and Delivered cookies for local Fire Depts



Making dog toys for local shelters



Packing food for the hungry
at NC 4-H Congress





Presiding over County
Council Meeting



With my awards from
County Achievement Night



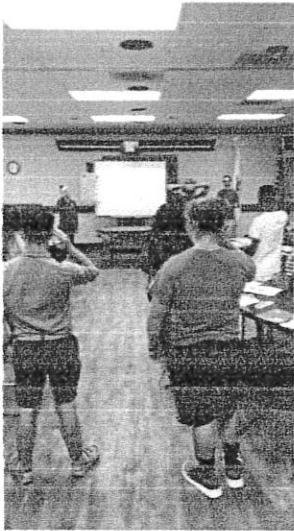
County Expressive Arts
Winner



Singing "Popular" at NC 4-H Congress



4-H Booth at Earth Day Fair



Teaching the 4-H Pledge
at Clover 101



Helping the kids make journals
for 4-H Camp at orientation



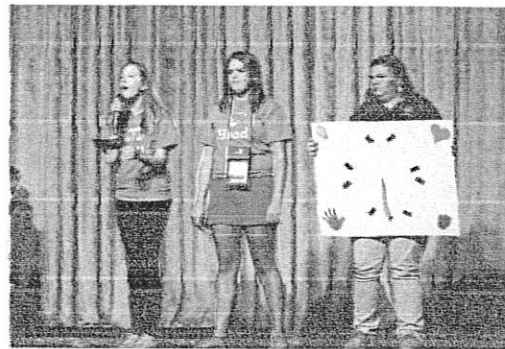
watching kids during
Duke Energy meeting



With my County Council
Officer Team



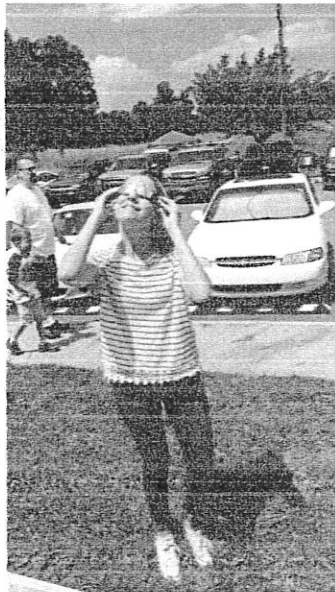
Presiding over Club Officer Installation



In a State Officer Campaign
Speech



Selling Paper Clovers
at Tractor Supply



Enjoying the Solar
Eclipse



Presiding at County
Achievement Night



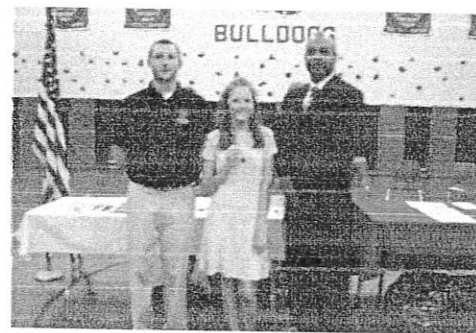
Working with the kids
at the 4-H fair booth at
county fair



Training the club
Presidents and Vice
Presidents



Receiving SC District Youth Volunteer Award



Receiving my Bronze medal
at District Activity Day

Handwritten notes on a piece of paper, possibly a letter or a list, with some text that is difficult to read due to the handwriting.

Handwritten notes on a piece of paper, possibly a letter or a list, with some text that is difficult to read due to the handwriting.

After being elected County Council President

From working the fair booth at County Fair

- County Council Agenda
January 19, 2017
1. Call to Order - 10:00 AM
 2. Pledge of Allegiance - 10:05 AM
 3. Roll Call - 10:10 AM
 4. Presentation of the County Seal - 10:15 AM
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Also, we have three volunteers who have graciously given of their time and energy to help with Clover 101 this year. We would like to thank Nanci Furr, Adam Wilson and Rachel Wilson for their continued dedication to our program. Please come forward to accept your special gift.

Excerpt from script for leading Clover 101

County Leadership

2016 Officers

President	Morgan Hooker
Vice President	Grace Law
Secretary/Treasurer	Tatiana Lee
Co-Regulators	Adam Wilson Rachel Wilson

2017 Officers

President	Rachel Wilson
Vice President	Tatiana Lee
Secretary/Treasurer	Emily Pineda
Co-Regulators	Clare Tyson Riley Starns

Script from County Achievement Night

4-H Entertains Talent Show

- Mandy Lunsford, Barn Store 4-H Club
Barn Store
- Emily Penwell, Flowers State 4-H Club
Flower State
- Rachel Wilson, Flowers State 4-H Club
Vocal Solo
- Orla Le Crane, Independent 4-H'er
Poetry Reading
- Kathryn Law and Claire Fischer, Kicken Tails
Dancing/Gymnastics Routine
- Wade Abdul, Cox Mill Kids Club
Humor Speech
- Anthony Regan, Kicken Tails
Dance Routine
- Dawn Kennedy, Independent
Piano Solo
- Tyler Abdul, Cox Mill Kids Club
Humor Dance
- Misty Regan, Kicken Tails
Vocal
- Amber Wynn, Mr. Penwell Kicken Tails
Vocal Solo
- Margaret McDonald, Flowers State
Performing Arts Dance Routine

County Council President 2017

TOWN OF BARNESBORO, NORTH CAROLINA
RESOLUTION NO. 2017-001
ADOPTED BY THE TOWN COUNCIL
ON 01/19/2017

AGENDA

1. CALL TO ORDER
2. PLEDGE OF ALLEGIANCE
3. TOWN COUNCIL MEETING
4. TOWN COUNCIL MEETING
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Program from Expressive Arts Competition

Agenda from attending Town Council meeting



Program Year: 2017

SECTION 10

4-H Goal Setting

●
Set
Goals!

What would you like to do next year in 4-H (after you submit this project)? On a separate piece of paper, please use the guide below to plan your 4-H goals for next year. Include goals for your entire 4-H year as well as goals for this specific project. There is no page limit to this section.

	ACTION	RESULTS	TIMETABLE
I want	to learn	how to eat healthier	by December.
I want	to give	a 4-H presentation at DAD	by June.
I want	to train	my dog to sit and stay	before summer is over.

(Attach pages here)

Section 10

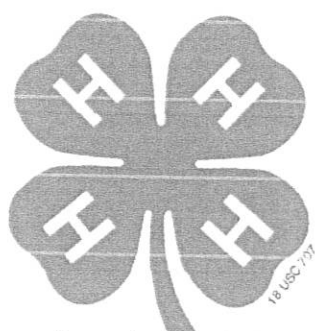
4-H Goal Setting

Action	Results	Timetable
I want to run	for District Officer	By March
I want to lead	Workshops at local clubs	by December
I want to teach	Others how to be a good Jr Leader	By end of summer
I want to give	A presentation at DAD	By June
I want to present	at State Finals	In July
I want to Perform	in the Expressive Arts	by April
I want to perform	at DAD in Expressive Arts	In June
I want to enter	Crafts in the county Expressive Arts Competition	By March
I want to volunteer	at various County activities	By end of year
I want to attend	More county government meetings representing 4-H	By December
I want to learn	how to cook meals for my family	By December
I want to attend	Citizenship Focus	By June
I want to attend	Youth Summit	By August
I want to compete	in the AIRE program	By July

For More Information

Visit our website: www.nc4h.org

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Cooperative Extension's
Youth Development Program

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.