

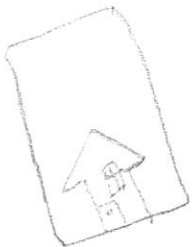
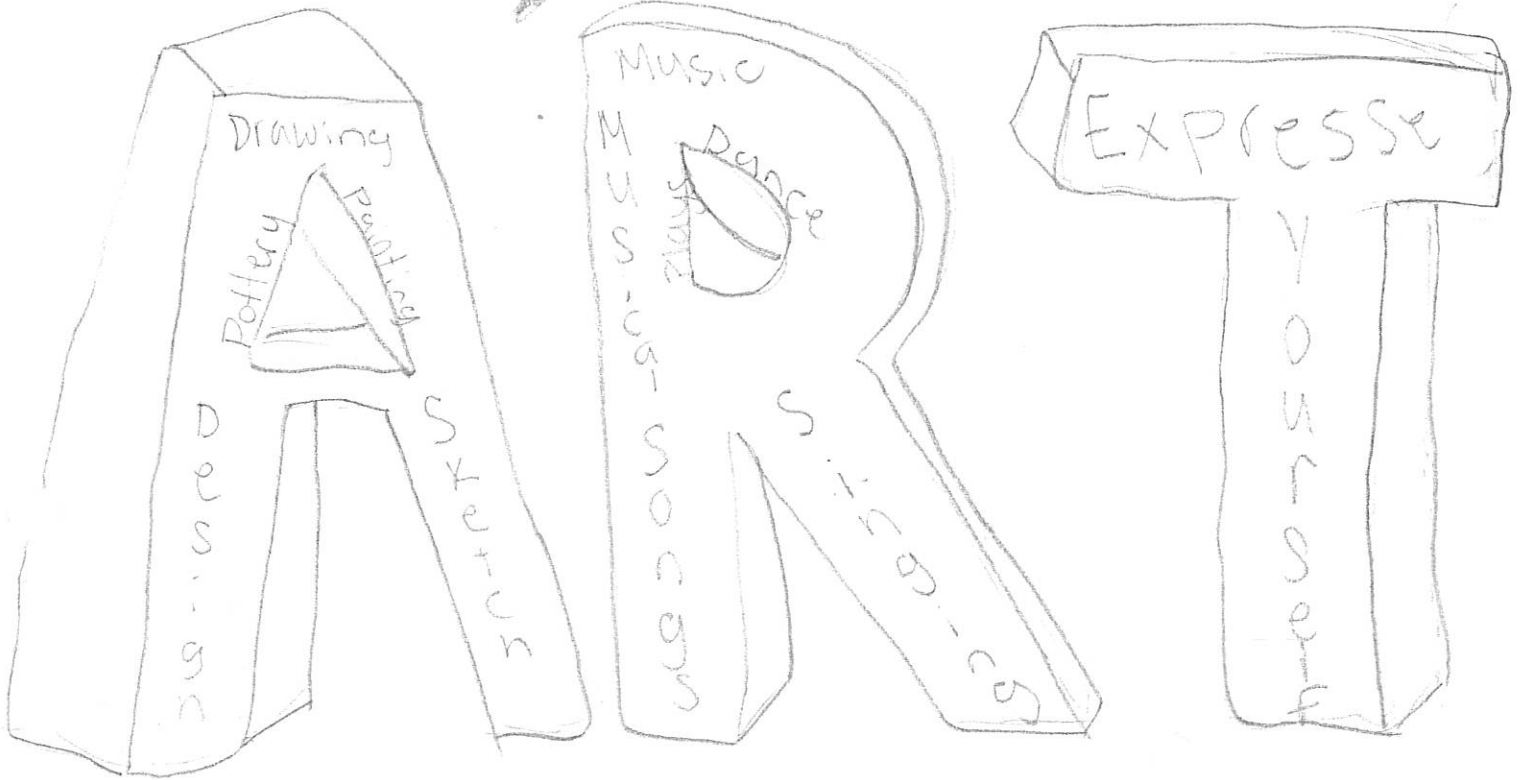
Ana McAuley

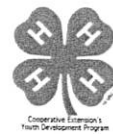
Cabarrus County

South Central District

Communications/Expressive Arts

Age 9 - 10





4-H & YOU!

Answer questions on separate paper if needed.

Looking back over the past year in 4-H:

1. What was your favorite thing you did in 4-H this year and why?

It would probably be being asked by my 4-H agent as a ten (almost eleven) year old to run for County Council Secretary Treasurer and then winning the election. I have been active in 4-H since I turned five years old and my hard work is already paying off. I look forward to developing more leadership skills and putting them to use.

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

It is hard for me to narrow it down to one as I have so many of them. Both sets of my grandparents were active in 4-H and both of my grandmothers are in the NC 4-H Leaders Hall of Fame. My Dad was a state officer and both of my parents are NC 4-H Honor Club members. They are both still very involved in the 4-H program. My older brother was a NC 4-H State officer and well as three of my cousins. My brother, cousins and all my Aunts and Uncles on both sides of my family are all NC Honor Club members. NC 4-H is a family tradition for me!

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

Gaining self-confidence while speaking publicly and learning how to project clearly were important skills that I learned and use all the time. Several of my teachers have told my parents that they love to hear me speak since I speak out with such confidence.

Looking to the future:

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

Club: Try to recruit more members and do more community service projects.

County: I would like to reach out to other counties with similar interests and try to do more things together. This would help even the younger 4-H'ers develop friends across the state and encourage them to share experiences about their projects.

District: I would expand district activities to include more junior 4-H'ers.

Section 2: My 4-H Story 2017

As a ten-year-old member of the Flowes Store 4-H club in Cabarrus County, I stayed very busy during 2017. I have been active in 4-H since I was five years old as I was adopted as an infant into a family with very deep 4-H roots. Both sides of my family have been said to “bleed green” from my grandparents, parents, aunts, uncles, my brother and cousins. My Dad, brother and three cousins have served as NC State 4-H officers and I plan to continue that tradition as soon as I am old enough.

This year my sheep project began in March when four of our sheep were born. The sheep are at my Pawpaw's house. Pawpaw, my older brother Cooper, and I are partners in our sheep farm. Both of our ewes lambbed within five minutes of each other, but the lambs had different birthdays. The two Dorset lambs (Glacier and Iceberg) were born on March 31st, and the two Suffolk lambs (Joker and Millie) were born on April 1st. The lambs grew out okay, but my brother was not happy with some of their structures, so he decided we need to improve the genetics of our flock. We bought two ewe lambs, a Suffolk from Michigan and a registered Dorset from North Carolina; however, they were too young to breed this fall. This year we tried something new and found a veterinarian in Cleveland, NC to artificially inseminate two of our other ewes, but neither became pregnant so we ended up taking one of them to be bred by a ram. We are still looking to genetically improve our flock, so we plan to buy more lambs or ewes next year.

My brother spent the summer teaching me how much and what to feed the lambs with different feed and nutrients, so they will perform well in the show ring. When he left for college in early August it was up to me to take care of the sheep with my Pawpaw's supervision. According to Cooper I did really well with this task. He would call me periodically just to ask how the lambs were doing. I found that I have a definite interest in animal nutrition.

This year I showed my sheep at the Cabarrus County fair, and the North Carolina State fair. At the Cabarrus fair I won the commercial market lamb class with my brother's lamb “Roxie”. I placed 2nd in the Dorset market lamb class with “Iceberg”, 3rd in the Dorset ewe lamb class, and I placed 2nd in junior fitting and showmanship. At the State fair I placed 6th with my Dorset lamb ewe, and 7th with my Dorset market lamb. By the end of the show season I had learned more about what you want and don't want in a sheep and what stances and positions that can really compliment your sheep in the show ring. It helps that my brother was on the NCSU Livestock Judging team this year and shared the knowledge he had gained.

My Uncle Charles took over the family farm where my Dad grew up and he lets me show his animals in the dairy shows in Statesville every year. I have been showing since I was four years old. This year I showed all Holsteins. I showed a winter calf, a fall calf, and an aged cow. My dad and I drove to my Uncle's farm in Statesville every chance we got to break the calves to leads starting in late spring through the super hot days in July. We were lucky this year because the calves learned to lead pretty fast. Some years we have had some pretty stubborn calves, so we were happy to have

easy calves this year. The cow we call "The Dale", after her sire, has been shown almost every year of her 14 year life so she didn't have to be worked with much. In the county show my fall calf placed first in her class, the winter calf was third in her class, and "The Dale" won Grand Champion. Not bad for a 14 year old cow, that was eight months pregnant!!!! In the district show I place first with "The Dale", and 4th with the winter calf, and fall calf. "The Dale" was also the runner up to the senior champion that won grand champion overall. "The Dale" had a heifer calf in September, so I am hoping I can show it next year as a fall calf.

This year I also was informed about the local dairy farms shutting down because milk prices have been dropping. I also noticed at the fair there were way more Jersey calves and cows than I had remembered. Later I learned that since the milk prices are dropping local dairy farmers don't have as much money to use on feed. As a result the farmers are starting to have more Jersey cows because they don't eat as much feed, as a Holstein, but give nearly the same amount of milk.

For the second year we participated in the turkey show at the State Fair. I like this because all the participants start out with the same level of genetics because NC State provides all the participants the birds and they are only a day old when you get them. It is up to each participant to raise them how they think is best. We got three turkeys this year and I named them Thunder, Bolt, and Lightning. You can only show one of your birds so I chose Lightning to show at the State Fair since he weighed more. Last year we placed second in our class so we had high hopes for this year. We were a little disappointed that I came in 5th this year. My brother, a poultry science major thinks it was the hot summer this year that caused the birds not grow as well, so we are trying to think of ways to improve that for next year. I also like showing turkeys because no one else in my large 4-H family have ever shown a turkey. You may be wondering what happened to Thunder and Bolt. Well let's just say they help my family "celebrate" Thanksgiving in the traditional way.

For my communications and expressive arts project I presented a fruits and vegetables presentation that was an old family recipe. I had to change the original recipe to make it healthier because it had way too much sugar in the original version. I won gold at the county level, district level, and state level. I was asked to do my presentation along with a senior 4-H'er at Cabarrus Rotary Club meeting in August. This rotary club has donated money in the past to Cabarrus 4-H, so this was a good opportunity to show them what their money has helped support. They were amazed that young kids could get up and present in front of a group of adults like that and I told them that is what 4-H teaches youth to do. They also marveled over the strawberry huller I used in my presentation.

In April I tried something new and entered photographs I had taken in the Cabarrus County Expressive Arts contest. I tried taking several pictures of different things, like animals, of a snowfall, my brother and his friends having a snowball fight, and photos of downtown Concord. One of the pictures I took of downtown Concord at sunset won a blue ribbon.

Art is definitely a passion of mine and I continued drawing and learning more techniques to help me get better. My family bought me lots of new art materials for my birthday and for Christmas. This year I also started exploring watercolor pencils and water color paints to use for coloring and painting. I spend a lot of time in my room drawing different pictures.

For the fourth year in a row I went to SMACK theatre camp. This is a two week camp at a local church where at the end we put on a play for the public. The performance usually sells out each year. This year we did The Lion King Jr and I was an "Antelope" one night and a member of the opening choir on the second night. I got to sing and dance on stage. We also help make some of the decorations for the stage that helped make it look like an African jungle. I have really learned a lot about the theatre and met many new friends doing this.

This year I also developed more leadership skills by leading several programs. I helped at the county level show new 4-Hers how to do a presentation. In June I helped my 4-H agent with a camp orientation meeting by telling others about some of my past camp experiences so the new campers would have a better idea of what to expect. In my club the members usually take turns leading a program for our monthly meetings. I taught my fellow club members how to make slime in May. I also hosted and helped lead a lamb camp for young kids that wanted to learn about farm animals. At the end of this year I was elected County Council Secretary Treasurer. I am looking to serving in this role because I know it will be fun, but I also know it is going to be a lot of work.

I love participating in 4-H and plan to continue in the program for years to come. I can't imagine not carrying on the family 4-H tradition. Next year I plan to continue working in these project areas as well as others while I continue to build and enhance my leadership and communication skills.



Program Year: 2017

SECTION 3

4-H Project Focus

Communication/Expressive Arts

(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 both things that you learned and skills that you gained. 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.

What did you do in this project this year and when?	What did you learn?	Level
Participated in Black History Month living museum- portrayed "counter girl" refusing service to 4 black males at historical Greensboro NC "Sit In" Demonstration 2/24/17	I learned more about what historically happened during this period and how brave these young men were.	C
Entered 3 photographs in Expressive Arts Contest 4/4/17	I experimented with taking several types of photos with different scenery. I also learned about lighting.	C
Attended County 4-H Expressive Arts Show and Talent Show 4/4/17	I learned how talented some of my 4-H friends are.	C
Competed at County Activity Day with Jr Fruits & Vegetable presentation "Grand Slam Fruit Salad" 5/4/17	I continue learn more about doing research, writing presentations and preparing power point presentations.	C
Participated in School concert for the community at the Old Cabarrus County Courthouse – played recorder & sang 5/19/17	I learned background information about the NC songs we sang. I continued to learn how to play the recorder and read music. I learned more about notes, beats and timing.	C
Competed at District Activity Day in Alexander County with Jr Fruits & Vegetable presentation "Grand Slam Fruit Salad" 6/17/17	I learned that it would be beneficial to download my presentation in different formats to the thumb drive in case the technology in the room is not compatible and how to handle situations like this and keep my composure.	D



SECTION 3

4-H Project Focus

Attended SMACK Theatre Arts Camp for 2 weeks and was an "Antelope" and Choir member in the production of "Lion King Junior" 6/19/17 – 7/1/17	I learned that it is possible to memorize lines/songs, learn choreography, learn blocking and be able to put on a great production in two weeks' time.	C
Competed at State Presentation Activity Day at NC 4-H Congress in Raleigh with Jr Fruits & Vegetable presentation "Grand Slam Fruit Salad" 7/29/17	I learned how to remain calm and just do my presentation as practiced in a theatre of people at NCSU.	S
Created, painted and decorated a Pink Pig for school Fall Festival Pumpkin Carving/Decorating contest 10/7/17	I learned to look for design samples on the internet, gather arts supplies then paint and decorate a pumpkin with my own twist to look like an adorable pink pig.	C
Created and wore "domino" Halloween outfit 10/31/17	I learned to create/put together a costume in a short amount of time with limited resources.	L
Drew multiple pictures with pencil – all year	I learned to use water color pencils and how they are different from paint.	L
Drew multiple pictures using Water Color Pencils August - December	I learned that it is necessary to lightly sketch with your pencil, so you don't see the lines when you paint.	L
Drew a sketch of the delegates leaving the First Continental Congress	I learned the importance of this event in US history during American revolution times.	L
Created a simulated habitat for penguins in South Africa	I learned how the penguin habitats in South Africa are getting destroyed by global warming and they are no longer suitable for them. I tried to come up with ideas to make their shelters better insulated.	L

Did you spend or make any money on your project?

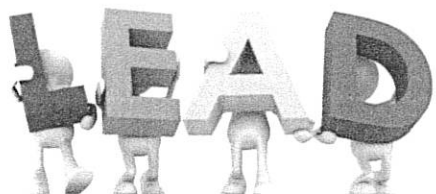
How much did you spend? How much did you make?

No. I received art supplies as gifts.



SECTION 4

Leadership/Citizenship/Community Service



In this section, please make a list of the things you have done involving citizenship, community service, and leadership. If you are listing non 4-H activities, please list only those for which 4-H has helped you prepare. If



your 4-H project focus is on Leadership, Citizenship or Community Service you may write "See Section 3" as your answer in this section or use it to continue adding project work for Section 3. **Leadership** includes holding offices and serving on committees. **Community service** activities might include fundraising for a community organization or assisting with the Fire Department raffle. List the number of hours you volunteered and who did you help. You might also begin to learn about **citizenship** by going to county commissioners or town council meetings, and learning flag etiquette.

- List ways you have been a leader and/or have learned about leadership.
- Please denote 4-H activities with an asterisk.
- If you are listing non 4-H activities, please list only those for which 4-H has helped you prepare.
- Before you list the activity put and L for Leadership, C for Citizenship and CS for Community Service.



Example:

Activity - L=Leadership, C=Citizenship, CS=Community Service	Accomplishment	Level
L - Led the 4-H/US pledge for club x 6*	5 members	L
L – Presented "Club Tweet" at 3 County Council meetings*		C
L- Presented/led a training session at County Council meeting on use of tabletop presentations and use of props for 4-H Presentation*	15 4-H'ers and parents	C
L- Led club meeting on "making slime" and talked about the background science*	5 members and parents	L
L- Shared knowledge and experiences at 4-H Camp orientation meeting*	15- 20 children and parents	C
L- Hosted Cabarrus County Lamb Camp at Lowder Farms and told participants about raising and showing sheep. Also explained about different breeds of sheep. *	10 participants	C
L- Presented state winning "Grand Slam Fruit Salad" presentation at Cabarrus County Rotary Meeting *	60 community businessmen/women	C

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



SECTION 4

Leadership/Citizenship/Community Service

Activity - L=Leadership, C=Citizenship, CS=Community Service	Accomplishment	Level
L- Did interactive activity of making friendship bracelets as part of the 4-H live fair booth at Cabarrus County Fair*		D
CS - Donated school supplies for back to school campaign	10 items	D
CS- My brother and I manned the Salvation Army Kettle /Bell ringing fundraising drive	2 hours	C
CS – Baked brownies and cookies for Flowes Store Fire Dep members to thank them for their service to the community and for allowing our 4-H club to use their facilities. I also created a Holiday themed Thank You card that all 4-H members and leaders signed*	3 hours,	L
CS- Promoted 4-H at Cabarrus County Herb Festival and Farmers Market opening by doing an interactive activity on basil seed germination*	2 hours	C
CS- Participated in Cabarrus Rotary "Swim A Thon"	1 hour	C
CS- Went to Tractor Supply in Midland, NC during their National "Clover Campaign" to encourage patrons to donate to 4-H	3.5 hours	N
C - Recited the 4-H pledge at club & county council meetings x 9*		L,C
C - Learned about each of the club officer positions*		C
C- Attended/participated in club officer training*		C
C- Participated in Officer inductions at Achievement night*		C
C- Member of Coltrane Webb Flag Patrol- raising & lowering the flag		L
C- Chosen to be on the Coltrane Webb Safety Patrol		L
C- Participated in 4-H club program on Flag Etiquette and information on the National Anthem*		L
C- Toured the Yorktown National Battlegrounds and Museum (VA)		N
C- Chosen to be on the school Fire Safety Bowl team based on being a "good citizen"		L



Program Year: 2017

SECTION 5

Awards and Recognition



List all the awards, honors, and recognitions you have received including contests, trips, certificates, ribbons, etc. Specify whether they were National, Regional, State, District, County, or Club awards.

Experiences should be divided between project specific awards that related to this Project Record area, other 4-H awards and non-4-H awards. List your Project specific awards first then follow with other awards and then non-4-H awards.

If you have not received awards in a specific section, just state "No Awards Received".

4-H Project Awards

Award/Recognition	For What Received	Level
Certificate & 1 st place ribbon	Expressive Arts show- photograph of Street Scene	C
Certificate & Gold medal	Jr Fruits & Vegetable Presentation- "grand Slam Fruit Salad"	C,D,S,

Other 4-H Awards

Award/Recognition	For What Received	Level
Certificate & \$200 scholarship for camp	Junior 4-H'er of the Year	C
1 st place	County Animal Science project book 9-10	C
Certificate & Ribbon	Animal Science project book 9-10	D
Certificate	Betsy Jeff Penn Camp Triple A award- "All Around Allstar"	S
2 nd place ribbon/premium	Iredell County Jr Dairy Show Fitting & Showmanship	C,
1 st place, Senior Champion & Overall Grand Champion Holstein	Iredell County Jr Dairy Show- Holstein Cow over Age 5	C
3 rd place ribbon	Iredell County Jr Dairy Show- Holstein Winter Heifer, D-H Bonnie	C
1 st place ribbon	Iredell County Jr Dairy Show- Holstein Fall Heifer, D-Back Princess	C
2 nd place ribbon/premium	District Dairy Show - Fitting & Showmanship	D
1 st place ribbon	District Dairy Show- Holstein Cow over Age 5	D
4 th place ribbon	District Dairy Show- Holstein Winter Heifer, D-H Bonnie	D
4 th place ribbon	District Dairy Show- Holstein Fall Heifer, D-Back Princess	D

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



Program Year: _2017

SECTION 5

Awards and Recognition

Other 4-H Awards

Award/Recognition	For What Received	Level
3 rd place ribbon & premium	Cabarrus County Sheep Show – Dorset Breeder ewe- Elsa	D
2 nd place ribbon & premium	Cabarrus County Sheep Show- Dorset Market Lamb – Iceberg	D
1 st place ribbon & premium	Cabarrus County Sheep Show- Commercial Market Lamb – Roxie	D
2 nd place ribbon & premium	Cabarrus County Sheep Show- Junior Fitting & Showmanship	D
5 th place ribbon & premium	NC State Fair- Junior Turkey Show – Lightening	S
7 th place ribbon & premium	NC State Fair- Dorset Market Lamb - Iceberg	S
20 th place ribbon & premium	NC State Fair - Commercial Market Lamb – Joker	S
6 th place ribbon & premium	NC State Fair- Dorset Breeder ewe- Elsa	S
19 th place ribbon & premium	NC State Fair- Commercial Breeder Ewe- Millie	S

Non 4-H Awards & Recognition

Type of Award/Recognition	For What Received
Certificate & celebration	Coltrane Webb STEM School- “Student of the Month” two times
Medal	Spring Softball “Most Valuable Player”
Medal	Fall Softball “Coaches Award- Outstanding Player”



Program Year: 2017

SECTION 6

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.

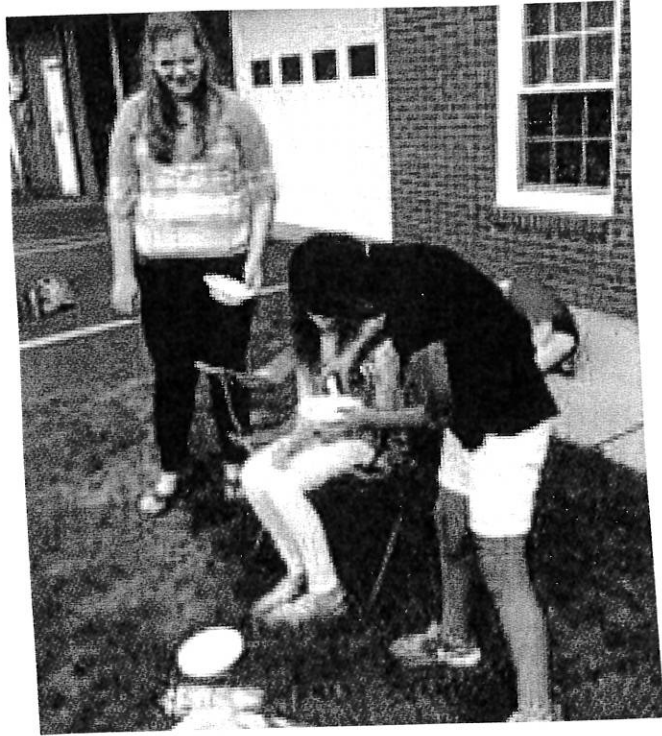
(Attach pages here)



Me and the rest
of the black
history month
participants.

Me as a wait-
ress girl at
a black history
museum I
helped put on





Teaching my 4H club
on the science of
slime and how to make
it.

Teaching others
about seed
germination

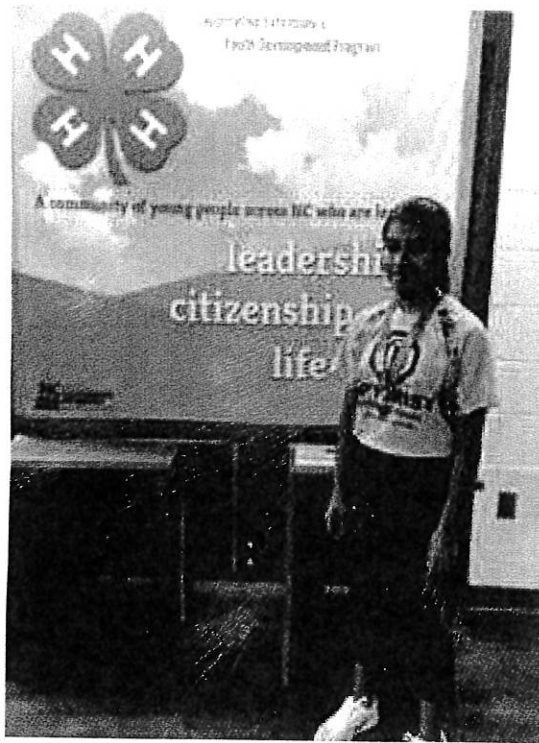




Performing with
my school in
front of the old
court house
theatre.

Me as an
antelope in
The Lion King Jr.





After I had given my presentation at state level.



Giving my presentation at my local Rotaract club.



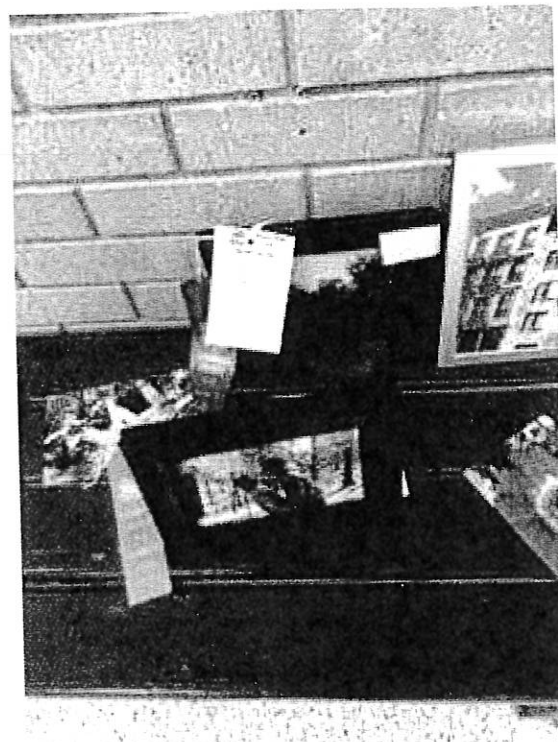
My Pink Pig
Pumpkin I
created for my
Schools Fall
Festival.



Me and my
Pink Pig
Pumpkin at
my Fall
Festival.



Teaching others
about the
use of prop!
for a HH
presentation.



My photographs
displayed at
the express
arts center



SECTION 7

Program Year: 2017

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.

I want to enter several types of artwork in the county Expressive Arts Competition by April.

I want to do another presentation at county, district & hopefully state levels by July.

I want to see more plays by December.

I want to possibly take some art lessons during the year.

I want to take another cooking class by September.

I want to continue learning to sew throughout the year.

I want to practice shearing sheep more by October.

I want to attend 4-H camp.

I want to continue learning more about nutrition, showing and fitting for sheep and show at the NC State Fair.

I want to continue with the turkey project and show at the NC state fair again.

I want to be a great County Council Secretary Treasurer this year and continue to improve my leadership and communication skills.

I hope to be able to continue with the dairy project and teach my younger cousins to show by August.