

Personal Page

YEAR ____ to ____

Name Club Extension Unit Address Parent's or		Birth Date This is my year in 4-H City Zip
School You		Grade or Year
I live on a fa		0,000) ; in a city (10,000-50,000) ;
		☐; in a suburb or city over 50,000 ☐.
Phone	E-mail	
Projects in	which you are enrolled th	s year
		Put Your Picture Here
I have pers	onally prepared this repo Signed	t and believe it to be correct.
	——————————————————————————————————————	4-H Member
Approved:		a i i monitori
Date	Signed	
		Parent or Guardian
Date	Signed	
		Community or Local 4-H Leader

A Personal Page should be filled out each year you are in 4-H and kept with your other 4-H records.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

New Personal Page

October 2008

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General 4-H Story (Example)

Below are some ideas to consider as you write your general 4-H story. Your general 4-H story should describe the activities and experiences throughout your 4-H year. Consider the following questions as you write your General 4-H Story:

- *Were you a club officer? If so, what were your responsibilities?
- *What was your favorite club event or activity you participated in?
- *What club activities did you participate in?
- *What projects were you enrolled for the year?
- *Did you participate in 4-H Club Day? If so, what did you do?
- *Did you go to 4-H camp? If so, what did you like about camp?
- *Did you participate in a community service project?

My name is Christina Clover and this was my first year in 4-H. I enrolled in three projects this year and they were Arts and Crafts, Foods and Nutrition, and Sheep. I am eight years old and have two brothers. My older brother is ten and his name is Charlie. Sam is my younger brother and he is five.

I was excited to join 4-H this year, especially because I would be an official member of the Happy Clovers 4-H club. This year I got to be the song leader for our club. My job was to come up with a song to sing at each of our club meetings. We also did several community service projects as a club. We planted flowers in the pots on Main Street in the spring and picked up trash around the lake.

We did a lot of fun activities together as a 4-H club. It was fun riding on the 4-H float in the Christmas parade. I also liked singing Christmas carols to the residents at the nursing home. They liked having our club visit. My favorite activity our club did this year was our 4-H club tour. We went around to the houses of club members and showed the projects that we would be taking to the fair. It is fun to see the projects other club members. I enjoyed showing and telling my club about my sheep and ceramic projects.

In March, I participated in 4-H Club Day and had three entries. I did a project talk on my ceramics and a piano solo. I got a blue ribbon on my piano solo and on my project talk. I learned that getting up in front of a group of people is as scary as I thought. Our club also entered a club chorus.

We got a top blue and got to go onto Regional 4-H Club Day. At Regionals, we got a blue ribbon. It was fun singing with my club, even though we had to spend several evenings practicing.

My favorite activity this year was going to 4-H camp. I got to meet kids from other counties. We had fun riding horses and swimming together. I also got to try canoeing for the first time and learn how to shoot a bow and arrow. My counselor's name was Sarah and she was fun. I can't wait to go back next year.

I liked taking my projects to the fair this year. I took entries for all three of my projects to the Morris County Fair. My favorite part of the fair was showing my sheep, even though it was a lot of work. On my foods entries I got a blue ribbon on my cookies, a blue ribbon on my muffins, and a purple ribbon on my snack mix. When making my entries for the fair, I learned how to use measuring cups for dry ingredients and a liquid measuring cup for liquids such as water. In arts and crafts, I took two ceramics projects that I made during the ceramics class I took this spring. I got a red on my cat and a blue on my teddy bear bank. It was fun to participate with my 4-H club in the Barnyard Olympics at the fair. Even though our club didn't win, we all had fun playing the water games because it was very hot during the fair.

Next year, I plan to take the same projects that I was in this year. I also plan to take clothing because being in the 4-H Fashion Revue looks like fun. I can't wait for next year!



Kansas 4-H Permanent Record

Bring up to date at the er	nd of each year.		
Name	Address		
Club	County/District	Birth Date	
Wi			

Section 1—Groups/Organizations

List <u>all</u> groups/organizations you participated in, i.e. 4-H, school, community and/or faith. If the group is non 4-H related enter an * in the non 4-H column. For each group, list elected offices (such as reporter, vice president, etc.) and other positions or roles you held (such as junior project leader, project leader, committee chairman or committee participant). Indicate the total number of meetings held, the number you lead and the number of meetings you attended in the appropriate level column. Hours (includes preparation, organization, practice and activity time, but does <u>not</u> include travel, sleeping, meals, etc.) are optional, but may be useful for other applications. This section is used to complete the Meetings, Committees, Offices part of Section 3 and Section 5 in the KAP.

							1	evel			Optional
Date	' = Non 4-H	Meetings, Committees, Offices, Leadership Roles	# Held	# Led	# Attended	Local	County/District	Area/Regional	State	National/Int'l	Hours
2007	7	Club Meetings, Song Leader	12	6	6	6				-	-
2007		Club Float Committee	5		5	5					
2007		Foods Project Meetings	4	1	3	3					
2007		Ambassadors	10		6		6				6.0
2007	*	Jazz Band	20		20	20					
2007		Co Asst Photography Leader	3	1	3		3				
9/19/07		KSF Photo Fun Day Teen Ldr	1	1					1		4.0
2007		County Horse Club, Historian	12		12		12				
2007		Horse Show Food Stand Committee, Chairman	3	3	3						
2007	*	School Paper Photographer									
2007	*	Open Class Fair Assistant Superintendent					1				2.0
2007	*	Rodeo Association, Calf-Roping Youth Committee	5		2			2			
2007	*	Church Refreshments Committee	52	4	20	20					
2007	*	School FACS Club, President	12	12	12	12					12.0
2007		Club, Bucket Calf Co-Project Leader	4	2	4	4					3.0
2007		Fairground Work Committee	4		2		2				4.0
2007		Club, Refreshments Committee	12	2	10	10					
2007		Club, 4-H Council Fair Food Stand Committee	2		2		2				4.0
2007		Club, Food Bank Work Day Committee, Chairman	1	2	2	2					
2007	*	Rodeo Association, Youth Member, Calf- Roping Committee						2			2.0

Section 2—Communications/Presentations, Exhibits, Contests

List all projects completed. If the group is non 4-H related enter an * in the non 4-H column. Examples include, but are not limited to, fair exhibits, judging contests, quiz bowls, skill-athons, demonstrations, illustrated talks, project talks, articles written, web pages developed, TV or radio presentations, county/district and regional club days activities, forensics and debate contests, fitting and showing, tractor driving, fashion revue, dog shows, horse shows, photography exhibits, etc. Size of Project may be indicated by the number of garments, animals, acres, articles made, hours involved, or another identifier of your choice. For contests, indicate whether it was an individual or team effort. For evaluated activities (exhibits and contests) indicate the number and placing with the appropriate letter: Purple (P), Blue (B), Red (R), White (W) and Participation or Other (O) in the level column. Hours (includes preparation, organization, practice and activity time, but does not include travel, sleeping, meals, etc.), audience and income/expense are optional, but may be useful for other applications. This section may be used in completing the Summarization of Project Experiences/4-H Experiences of Section 2 and What You Did of Section 3 and 5 in the KAP.

						Le	vel			(OPTIO	NAL
Date	* = Non-4-H	T = Team	Size of Project	PROJECT Communications, Presentations, Exhibits, Contest, Judging or Skill-A-thon	Local	County/District	Area/Regional	State	National/Int'l	Hours	Audience	Income/ Expense
				Photography Project Examples								
2007			2,000	Photography, Pictures taken								
	*			As School Photographer	1,500							0.00
				Personal	500							-50.00
			25	Photos exhibited	20	2P 2B		1P				
	*		35	Photos published		. 35						
2007			4	Demonstration: Proper Mounting Technique	1	2		1		2.0	35	
				Foods Project Examples							V	
2007			300	Foods - Meals Prepared								
				Exhibited Cupcakes		4P 10R		1B				
2007			5	Demonstrations: Moo-licious Meals	2	1B	1R	1R		35	69	
2007		Т		FCS Judging		10 th						
				Horse Project Examples								
2007			3	Horses Cared For Daily	3					210.0		-1,250.00
2007		Т	7	Horse Quiz Bowl Contests		2	4	1		32.0		-200.00
2007			7	Horse Quiz Bowl Contests		2	4	1				
2007	*	Т	7	FFA Horse Judging Contests			6	1				
2007				4-H Horse Shows (Classes)	5	10	5	3				-50.00
2007	*			Other Horse Shows (Classes)		10	40	10	3			-250.00
			-	Beef Project Examples								
2007			5	Animals, 3 Heifers, 2 Steers								
2007				Demonstration: How to Lead a Bucket Calf	1	1					3	
2007	*			FFA Livestock Judging Team	30	5	2	1		30		

Section 3—Activities

List the events and activities (not included in other sections of the permanent record) that you attended or participated in for 4-H, school and community. Examples include achievement programs, talent shows, camps, regional 4-H days, nursing home programs, sponsorship of club or county awards, fairground clean up, assistance to fair superintendent, special fund-raising efforts, band, teams, or FFA. If the activity was non 4-H related enter an * in the non 4-H column. Indicate whether your involvement was leadership, citizenship or both and the level of participation in the level column. Hours (includes preparation, organization, practice and activity time, but does not include travel, sleeping, meals, etc.), audience and income/expense are optional, but may be useful for other applications. This section is used to complete the Summarization of Project Experiences/4-H Experiences of Section 2 and What You Did of Section 3 and Section 5 in the KAP.

Leadership is teaching another person or a group skills or information and includes organizing or coordinating an activity, event, or meeting; selecting and preparing materials; and selecting presenters. **Citizenship** means helping out in your community and serving others without compensation.

						L	evel			0	PTION	AL
Date	* = Non-4-H	Leadership	Citizenship	What You Did	Local	County/District	Area/Regional	State	National/Int'l	Hours	Audience	Income/ Expense
				Photography Project Examples								
2007		Х		Organized Photo Shoot at Park		1				2.0	10	
2007				Purchased new digital camera								-150.00
2007		X	Х	Took 60 pictures for Horse Club - used 20 in historian book								
2007			Х	Gave 20 pictures to other 4-Hers for their record books			100000011	-			20	
				Horse Project Examples								
2007				Horse Quiz Bowl Practices		20				30.0		
5/10/07			Х	Worked Horse Show Food Stand		1				2.0		
2007	*			FFA Horse Judging Team	20	2	2	1				
2007	*		Х	Therapeutic Riding Association Spotter			20			20		
2007		Х		Riding Lessons to 4Hers	15						3	
2007	*	X		Riding Lessons to Non-4Hers	20		All Control				5	200.00
2007				Riding Lessons taken	25					25.0		-500.00
2007			Х	Took pony to Club sponsored mini-fair at mall Beef Project Examples		Х				4.0	50	
2007		X.	X	Set-up & worked beef weigh-in and county beef show		3				8.0		8
2007	*			FFA Livestock Judging Team	30	5	2	1		30		
2007	1		Х	Painted livestock & arena fences		3	_			4.0		
				Foods Project Examples								
6/1/07		X	Х	Organized Club cookie bake for nursing home party	1					4.0	75	
2007			Х	Made & served Club refreshments	2					1.0		
2007			Х	Collected & Sorted Food at Regional Food Pantry			1			4.0		
2007			Х	Donated to food bank	2				1000	1.0		
2007		Х	-,	Illustrated Talk of the Growth of the Breed	1	1	1			1.0		
2007	*		Х			<u> </u>	1			3.0	300	
2007	*	Х		Food Demonstrator for Grocery Store		25	-			0.0	100	
	1			r dea Bernondiator for Greeding Otore	-	25					100	

Section 4—Most Important Recognitions

List the most important recognitions you received during the year—honors, awards, out-of-county trips, etc. Example: Camp Scholarship, National 4-H Congress, 4-H Key Award, County Project Award, School Achievement Award, Letter. If the recognition is non 4-H related, identify it with an * in the non 4-H column. The section is used to complete the Awards & Recognitions portions of Section 4 and Section 5 of the KAP.

				I	Lev	el	
Date	* = Non-4-H	Kind of Recognition	Local	County/District	Area/Regional	State	National/Int'I
7/2007		Grand Champion Steer		X			
7/2007		Grand Champion Photography		Х			
10/2007		Leadership Pin		Х			
10/2007		Key Award				Х	
2/14/2007		Horse Quiz Bowl Team, State Champion				1 st	
10/31/2007		Horse Quiz Bowl Team, National Competition					2 nd
10/2007		County Project Award, Horse		Х			
10/2007		County Project Award, Beef		Χ			
10/2007		County Project Award, Performing Arts		Χ			
10/2007		County Project Award, Photography		X			
3/2007	*	KMEA Area & State Solo Competitions – ratings			1	1	
5/2007	*	Marching & Jazz Band Letters	2				
6/2007	*	Therapeutic Riding Volunteer – 100 hour pin			1		
9/1/2007	*	Recognized in paper for work with Food Pantry		1			
6/20/2007	*	Newspaper Best Frozen Dessert for Dads		2 nd			
5/31/2007	*	High School Journalism Action Photography Awards	1 st		1 st		
5/31/2007	*	FFA – Green Hand Award	Х				
11/15/2007	*	High School Football Letter	X				
2007		Best Camp Handwasher Award			Х		

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

P-1032 (Revised) October 2008

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Junior Project Achievement Award Application - Example

Due to Morris County Extension Office on the first Monday of October. Club Leaders may require earlier due dates If enrolled in multiple projects,

include a Junior Project

4-H PROJECT ACHIEVEMENT AWARD Achievement Award Application, 7 – 8 Years of Age

Story, and Photos for each project enrolled.

NameChr	istina Clover	Age as of Jan	nuary 18
ClubHap	py Clovers 4-H Club	Project	Market Sheep
who are 7 – 8 in to the 4-Hopermanent in enrolled in. the qualificat	e the requirements for receiving a Project years old as of January 1 of the curre ers' club leaders. It should include a record, (4) a 4-H story for the year, a The club leaders and project leaders with the have been met prior to turning the n will be made by the 4-H Program De	ont 4-H year. The 4-H (1) green check sheet and a (5) story with (will review the project e record into the External	record book should be turned et, (2) personal page, (3) (6) pictures for all projects records to determine whether nsion office. Final review and
	to be used for ALL projects. Use a or a 4-H Project Achievement Award, o		
Circle Yes o	r No:		
Yes No	1. Attended at least 1 project meeting Number of meetings held by project Number of county-wide meetings Number of workshops held in proof Other	ject leader2s held1 oject0	Number attended2Number attended1Number attended0Number attended0Total:3
	List leader, date and location for each	ch meeting attended:	
	Leader	<u>Date</u>	Location
	Jane Smith	11-16-11	Council Grove
	Jane Smith	1-15-12	Council Grove
	Sarah Rice	3-16-12	White City
	ect meetings were held this year, this o indicate that on the form that no p		The second secon

**Don't forget to include the following: Morris County Record Check Sheet, Personal Page, Permanent Record, a General 4-H Story, Project Story, and Pictures.

2. Turn in 4-H Record Book complete with the items listed in the paragraph above.

Yes) No

Junior Project Achievement Award Application – Example

Yes	No	3.	Write a project story in addition to your general 4-H Story. Include what you did, what you learned, what you liked and did not like, what you would do different next time, and future plans for the project.
Gener did in	al 4-H your p	Sto roje	achievement award application should have <u>two</u> stories. One story should be a ry and describe your 4-H year and the second story should describe what you ect. Look at the attached examples and information to give you some ideas of in each of your stories.
			or more than one project achievement award, you will need to include a project es that is specific to each of your project areas.
Yes	No	4.	Attend at least one over half of your club's regularly scheduled meetings (If it is your first year in 4-H, you must have attended at least one over half of the meetings held since you joined.
			Number held9 Number attended5 First year members only – date you joined 4-HOctober 2011
			First year members only – date you joined 4-HOctober 2011
Yes	No	5.	Give a presentation, formal talk or demonstration at a club meeting, project meeting, or for an organized non-4-H audience (not your family) in this project area. Must have included an introduction, body and conclusion in your talk.
			Topic Feeding Lambs Date 4-16-12 Presented to 4-H Club Number of Persons Present 25
			Presented to4-H Club Number of Persons Present25
			at in order to circle this question yes, you need to give a <u>formal talk or</u> n the project area in which you are applying for an achievement award.
			at formal talks given at 4-H Club Day and Regional 4-H Club Day would also ements for this question.
Yes	No	6.	Exhibit at the Morris County Fair in this project. (If no class at fair, exhibited notebook or poster.)
			List exhibits in this projectTwo Market Lambs
A min	imum (of t	hree of the remaining questions need to be answered yes to receive the project award.
Yes	No	7.	Assist another 4-H member in this project. Explain who you assisted and how you helped

Junior Project Achievement Award Application – Example

The following do not have to be project-specific:

Yes No	8. Participate in the Morris County 4-H Club	Day.
Yes No	9. Participate in a 4-H judging contest or quiz	z bowl. List contests participated in:
	_Morris County FCS Judging Contest,	June 2012
	Morris County Family and Consumer Scient ntest at the Morris County Fair or Tri-Count	
Yes No	10. Participate in / exhibit in an out-of-county contests, Tri-County Fair, spring shows, re	, , ,
Yes No	11. Give a presentation on your 4-H club's an	nual tour, telling about your projects.
Yes No	12. Citizenship activity (Examples: roadside community service – giving of your time)	
	Planting flowers on Main Street, Pic	cking up trash at the lake
4-Her's Sign	atureChristina Clover	Date9-25-12
Club Leader	's Signature <i>Susan Rice</i>	Date9-27-12
Parent's Sign	natureMary_Clover	Date9-25-12

^{**}Do NOT forget to sign your application. You also need to get the signature of your parent/guardian AND club leaders for your application to be complete and considered for awards!!

4-H Project Story

In your project story, consider including the following:

- *What did you learn this year?
- *Did you set any goals? What did you do to meet your goals?
- *What did you like about your project?
- *What did you not like about your project?
- *What would you do differently next year?
- *Are you planning to take this project next year? Why or why not?
- *Did you give a talk on your project?
- *May want to provide income/expense/profit information as it relates to your project area. Some projects will likely have more of this type of information than others, but all projects have some kind of expense.

This was my first year to take the Market Lamb project. Since my family had never raised sheep before, we all had a lot to learn. My goals this year for the project were to build a pen for my lambs, learn how to feed my lambs, and learn how to show my lambs at the fair.

First, we cleaned out a barn and made a pen. We wanted a safe place to keep the lambs and protect them at night. I bought two Suffolk lambs from a neighbor, each lamb cost \$125. One was a wether lamb and the other was ewe lamb. I named them Jack and Jill. Jack and Jill were both born in February and had all of their vaccinations. I fed them a grain mixture, hay, and grass. The lambs also had plenty of fresh water to drink. We bought two lamb halters. We started right away to gentle the lambs, break them to lead, and make them stand tied. This was not easy to do and we had to work together as a family.

When we first washed the lambs it was a family project. The lambs did not like the water at first. The lambs got clean and we got dirty. We had the lambs sheared twice, once to help keep them cool and once because they had to be slick sheared for the fair.

I showed my lambs at the Morris County Fair. I didn't do as well as I hoped. Both of my lambs got red ribbons because the judge said they were showing too much "cover." I did better in showmanship and got a blue ribbon. I also won the rate of gain contest this year in sheep. It was

really tough selling my lambs at the sale. I spent a lot of time with them this summer and wanted to keep them.

I learned this year that the sheep project is a lot of work. It is important to feed the lambs each day and make sure they have water to drink, especially when it is really hot outside. It also takes time to break them to lead and gentle them. Sometimes the sheep project isn't very fun, especially when you have to clean out the pen.

This year I gave a project talk to my 4-H club about my sheep project. I talked about buying my lambs, how to care for them, and showing them at the fair. I also gave my talk at the Senior Citizens at church. They seemed to like hearing about my project. At our club tour, I got to show my lambs to my 4-H club.

I can't wait until spring so I can buy more lambs. Next year I am going to buy market lambs and breeding lambs. Then I will have a lamb to keep next fall.

Example of a Possible Expense/Income Report.

Expense	Income
Purchase Price of Lambs - \$	Sale Price of Lambs - \$
Feed Cost - \$	Premium Money - \$
Medicine/Vaccinations - \$	
Halter/Equipment - \$	
Total Expense: \$	Total Profit: \$

Photographs

*Include photographs to illustrate 4-H involvement and project work.