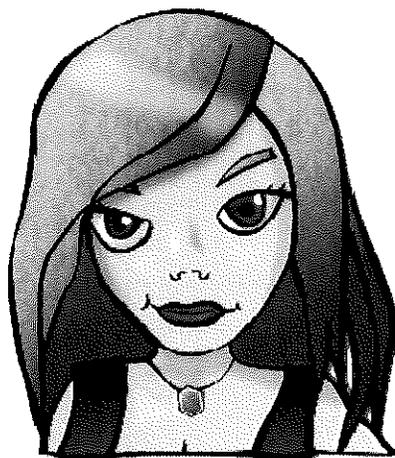


# 2011-2012



**Sally Example  
11th Grade  
16 years old  
Awesome Achievers 4-H Club**



# Youth and 4-H

## 4-H Summary

Year: 2012

Name: Sally Example County: Audubon

Age: 16 Grade: 11 Years in 4-H: 8

I attended (give numbers): 7 4-H meetings 1 Workshops, tours, etc.

### Offices held and committees on which you served:

I served as president of my 4-H club this year and served on the fair booth committee.

### 4-H participation (list your local club, county, area, and state events, including leadership and citizenship experiences):

I attended 7 meetings and the photography workshop. During one of our club meetings, we played bingo with the residents at the nursing home as a community service project. I also attended County Fair where I showed static exhibits and livestock. I also served on Clover Commissions and was the Secretary this year. I also attended the 4-H Youth Conference in June.

### Recognition (list ribbons, your name in the paper, certificates, etc.):

I recieved the following ribbons during fair and my name was in the newspaper with the rest of the results from county fair.

Citizenship: Food Drive – Purple at the County Fair and Blue at the State Fair  
Communications: Purple for Share the Fun and Participation recognition at the State Fair  
Market Hogs: 2 Blue and Grand Champion Market Hog at the County Fair  
Hog Showmanship: First Place Senior Showman  
Dog: Blue for Novice A obedience and Blue for showmanship.

I also ran for Fair Queen and had my bio and pictures in the newspaper.

**Communication** (list all talks, presentations, etc. given):

I presented information to my club about my food drive that I did as a citizenship project. I also gave a presentation on the parts of a dog and proper vaccinations for her.

**At home with your family** – what are your chores and responsibilities?

My home and family responsibilities include cooking meals, helping clean the house, babysitting my younger siblings, mowing the lawn, feeding the animals, helping my younger brother and sister do their chores and helping my parents with whatever projects they need help with.

**At school** – in which organizations, honors, sports/activities, and offices do you participate?

I was my class Vice-President this year. I also served on student council, art club, drama club, volleyball, band, jazz band, chorus, and speech. I participated in band, chorus, and speech contests on the district and state levels. I also participated in the fall musical and the spring play. Golf was another sport that I participated in in the spring.

**In your community** – in which organizations, church, volunteer work, employment, and other activities do you participate?

I work at the grocery store part-time. I also volunteer for various organizations including my church and the nursing home.

**Project(s)** (list project(s) for which you have completed a project record using the *Basic4-H Project Record, Experienced Project Record, Advanced Project Record*, computer, portfolio, audio tape, or video tape):

Citizenship  
Communications  
Swine  
Dog

**Other Projects** (only fill out this section for projects you did NOT complete a project record on) —briefly summarize below what you did and learned):

**Project area:** \_\_\_\_\_ **Number of years in this project:** \_\_\_\_\_

**Project area:** \_\_\_\_\_ **Number of years in this project:** \_\_\_\_\_

**Project area:** \_\_\_\_\_ **Number of years in this project:** \_\_\_\_\_

**Project area:** \_\_\_\_\_ **Number of years in this project:** \_\_\_\_\_

(Add pages if you need them.)



# Youth and 4-H

## Advanced 4-H Project Record

Year: 2012

Name: Sally Example County: Audubon

Age: 16 Grade: 11 Years in 4-H: 8

Project area: Citizenship

Years enrolled in this project, including this year: 6

(A project continues all year. It includes what you do and learn in the project in which you enrolled; an exhibit is only one part of all you do in a project.)

### Goals

Each goal statement should include the Action-Result-Timetable of your plans.

I would like to organize a local food drive to benefit our food pantry in time for the Thanksgiving holiday.

### Communication

Record presentations (talks, demonstrations, newspaper articles, radio interviews, etc.) you have given in this project this year. Include the topic, kind of presentation, type of group reached, and number in audience.

I gave a small presentation to our local food pantry managers and explained my plan of action for the food drive. I also gave a presentation at my church and at the school about my project and asked for donations of food. I also wrote a letter to the editor of my newspaper asking for community support and donations. A local radio station also interviewed me and promoted my efforts.

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University Extension

and justice for all . . .

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4H 0096C

**Action plan**

Record what you did and learned in this project as you go through the year. Be specific by telling how many and what items were made or selected, animals fed and cared for, decisions, plans carried out, etc.

I began to plan this project in September. I had researched the statistics of poverty and hunger in my county and thought that something needed to be done. Everyone should have a good Thanksgiving and I decided that I could possibly do something to help others out. I learned that it is hard work organizing something like this, but there are tons of people willing to help. I had friends hanging flyers for me and telling people about my project. After the publicity was out, I had drop boxes for food at local businesses. I also had people bring food to the park on a Saturday morning while some of my friends and their families helped collect it. We were able to collect over 2 tons of food by November 15<sup>th</sup>. We donated all of the food to the local food pantry and I was there on the days they were open before Thanksgiving. The people were so appreciative and it really made me feel good to be able to give back to the community.

**Citizenship**

Record your citizenship and community service experiences (helping others) related to this project. Include activities of benefit to the community, school, church group, a neighbor, etc.

This entire project would fall under citizenship.

**Leadership**

Record your leadership activities related to this project, such as teaching others, leading workshops, organizing an activity, etc.

I did presentations about the hunger issues in our county. I recruited people to help with my project and taught them that one person's idea surely can make a difference.

**General financial summary**

This summary is optional but can be used with any project to record costs of owning or making an item, comparing costs, etc. (Specific financial worksheets are also available for some projects.)

Expense Items	Amount	Income Items	Amount
Everything was donated so there were no expenses			
Total Expense		Total Income	

**Recognition and exhibits**

Record any recognition such as your name being in the paper, congratulatory notes, certificates, or awards received related to this work. Also, list the exhibits you had in this project and placings received.

I was recognized in the newspaper several times during this project. I received a wonderful "Thank You" note from the food pantry and some of the specific people that the food benefited. I was also recognized in a news story on the radio. My poster and write-up about my project received a Purple at the county fair and a Blue ribbon at the Iowa State Fair.

**Reflections**

Tell about your overall 4-H experiences in this project. Evaluate your personal growth, learnings, successes, disappointments, fun and frustrating experiences, and plans for the future.

Overall, I think this project changed my life. I was oblivious as to how many people in my community and county struggle to have food. I learned that one person's idea can truly make a difference. I was very happy with the willingness of most everyone to help. I had so much fun going out and talking to groups about my project and their willingness to help in whatever capacity they could. I'm so glad that the project got so much publicity and we were able to help as much as we did. I would like to make this an annual event and have it continue in our community even when I am older and out of the community at college or wherever life may lead me.

**During the year**

Attach pictures, clippings, livestock worksheets, fair exhibit write-ups, and other information on additional pages.

Information on this form may be adapted or modified for use with computer, video tape, or audio tape.

Prepared by 1995-1997 Record Keeping Club Task Force Subcommittee; Melva L. Berkland, Extension Communication Specialist; Donna Fincham, Composition Consultant, Creative Services, Instructional Technology Center; and Lonna Nachtigal, Illustrator.

Clippings  
+ Pictures Pertaining  
to Sal's  
Citizenship Report



# Youth and 4-H

## Advanced 4-H Project Record

Year: 2012

Name: Sally Example County: Audubon

Age: 16 Grade: 11 Years in 4-H: 8

Project area: Communications

Years enrolled in this project, including this year: 8

(A project continues all year. It includes what you do and learn in the project in which you enrolled; an exhibit is only one part of all you do in a project.)

### Goals

Each goal statement should include the Action-Result-Timetable of your plans.

I would like to learn how to play "Jessica's Theme" from the movie "The Man from Snowy River" and play it for Share the Fun at County Fair. I would also like to do it from memory.

### Communication

Record presentations (talks, demonstrations, newspaper articles, radio interviews, etc.) you have given in this project this year. Include the topic, kind of presentation, type of group reached, and number in audience.

The only communication that I did about this project was the actual performance that I gave.

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### and justice for all . . .

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4H 0096C

**Action plan**

Record what you did and learned in this project as you go through the year. Be specific by telling how many and what items were made or selected, animals fed and cared for, decisions, plans carried out, etc.

I LOVE the movie "The Man from Snowy River." It is truly one of my favorite movies of all time. I took piano lessons years ago, but haven't taken any in the past 4 years or so. I haven't even really had much time to play the piano recently. I decided that I would like to get back into it. Playing the piano relaxes me and helps take away some of my daily stress. I found the sheet music on Amazon and decided to order it and see if I could get it learned and polished up in time for the County Fair. I practiced it daily after I received the music.

**Citizenship**

Record your citizenship and community service experiences (helping others) related to this project. Include activities of benefit to the community, school, church group, a neighbor, etc.

I didn't do any citizenship in this project area.

**Leadership**

Record your leadership activities related to this project, such as teaching others, leading workshops, organizing an activity, etc.

I didn't do any leadership for this project area, but next year I would like to encourage more kids to participate in Share the Fun and other communications events.

**General financial summary**

This summary is optional but can be used with any project to record costs of owning or making an item, comparing costs, etc. (Specific financial worksheets are also available for some projects.)

Expense Items	Amount	Income Items	Amount
Sheet Music	3.94		
Total Expense	3.94	Total Income	

**Recognition and exhibits**

Record any recognition such as your name being in the paper, congratulatory notes, certificates, or awards received related to this work. Also, list the exhibits you had in this project and placings received.

I received a Purple on my performance at the County Fair and I was recognized as a participant at the state level.

My name was in the newspaper for recognition for County Fair and my picture and a story were in the newspaper for my performance at State Fair.

**Reflections**

Tell about your overall 4-H experiences in this project. Evaluate your personal growth, learnings, successes, disappointments, fun and frustrating experiences, and plans for the future.

I really, really enjoyed this project. It helped me realize how much I love to play the piano and entertain others. I will continue to play and hope to learn a more difficult piece for next year. It also reminded me of how much I LOVE music. I might just make music my career in the future.

**During the year**

Attach pictures, clippings, livestock worksheets, fair exhibit write-ups, and other information on additional pages.

Information on this form may be adapted or modified for use with computer, video tape, or audio tape.

Prepared by 1995-1997 Record Keeping Club Task Force Subcommittee; Melva L. Berkland, Extension Communication Specialist; Donna Fincham, Composition Consultant, Creative Services, Instructional Technology Center; and Lonna Nachtigal, Illustrator.

Clippings  
+ Pictures

to Salb's Pertaining

Communications Project.

Dog

## Livestock Goal Sheet

(one per animal)

**Goals** Here's what I would like to learn this year in this project. (List at least two goals.)

I would like to work with my dog 15 minutes each day on the lessons from obedience classes.

I would like to recruit more kids to be involved in the Dog project area.

**Action Plan** Here's what I did and learned as I worked toward my goals in this project.

I set aside 10 minutes every morning before school to practice w/ Daisy.

I talked at our club meeting about the Dog project area and how much fun it is. I recruited one new dog project member!!

**Communications** List ways you talked to others about your project (club presentations, demonstrations, newspaper articles, radio interviews). List the kind of talk, the group reached, and the number in the group.

I talked to my club about the dog project area.

**Citizenship** List ways you helped others related to this project. Include activities of benefit to community, school, church group, a neighbor, etc.

I really didn't do any citizenship in this project.

**Leadership** List what you did to teach others, lead workshops, organize an activity, etc., related to this project.

I recruited a new member to exhibit dog and helped them with their obedience training.

**Recognition** List ribbons, certificates, than you letters, etc., you received in relation to this project.

I received a blue ribbon for Novice A obedience and a blue in showmanship.

## 20 12 4-H Dog Project Expense Worksheet

### Feed Costs (dog food and treats)

Date of Purchased	Type of food	Amount	Cost
10/01/12	Purina Little Bites	32.5 lbs	14.69
02/01/12	Purina Little Bites	32.5 lbs	14.69
06/01/12	Purina Little Bites	32.5 lbs	14.69
10/01/12	Treats	24oz	3.23
06/01/12	Treats	24oz	3.23

50.53

Total (Box 1)

### Care and Equipment (grooming aides, toys, etc.)

Date Bought	Item	Cost
	Grooming Brush	7.99
	Toys	\$ 30
	Groomer	\$ 25

62.99

Total (Box 2)

Vaccinations and Medical Cost

Date	Item or Procedure	Cost
	Vaccines, shots, Seachoxin	90. <sup>00</sup>
	Heartgard	45. <sup>00</sup>
	Frontline	76. <sup>98</sup>

211.98

Total (Box 3)

**Total Expenses for 20\_\_**

Total Feed ..... (Box 1) 50.53

Total Care ..... (Box 2) 62.99

Total Medical ..... (Box 3) 211.98

Add all totals for box 1, 2, and 3

Total Expenses for 2012 ..... 325.50

Clippings

+ Pictures

Pertaining to

Sally's Dog Project

# Swine

## Livestock Goal Sheet

(one per animal)

**Goals** Here's what I would like to learn this year in this project. (List at least two goals.)

To learn how to trim my pig's hooves and trim them myself

I would like to learn rations to lower the cost of feeding my animals.

**Action Plan** Here's what I did and learned as I worked toward my goals in this project.

I watched videos on hoof trimming on YouTube. I also asked my state superintendent to come out and help me learn.

I read articles online about feed rations. I also attended a livestock workshop that covered nutrition as a topic.

**Communications** List ways you talked to others about your project (club presentations, demonstrations, newspaper articles, radio interviews). List the kind of talk, the group reached, and the number in the group.

As people walked by my pigs at fair, they asked questions. So I answered them. I also helped explain sheepsman'ship to a younger 4-H'er

**Citizenship** List ways you helped others related to this project. Include activities of benefit to community, school, church group, a neighbor, etc.

I helped other 4-Hers walk their pigs at the fair. I also helped a fellow 4-Her show their pig - they had two in the same class.

**Leadership** List what you did to teach others, lead workshops, organize an activity, etc., related to this project.

I helped a younger 4-H learn showmanship skills.

**Recognition** List ribbons, certificates, thank you letters, etc., you received in relation to this project.

I received a purple ribbon and trophy for my Champion Market Individual. I received two blues also for my pigs. And I got top Sr. Showman.





### Record of Income

During the year I sold the following animals:

Date sold	Description (include tag # or earnotch)	\$/lb (net sale ÷ final weight)	Final weight	Net sale amount of check
07/30/12	57	1.64	283	464.12
07/30/12	55	1.64	277	454.28
<b>Total weight [6] and value of animals [7] sold</b>			[6] 560	[7] 918.40

Listed below are the animal I still own at the end of the project year:

Date	Description (include tag # or earnotch)	\$/lb (est. total value ÷ weight)	Weight	Estimated total value
<b>Total weight [8] and value [9] of animals on hand</b>			[8]	[9] \$

Other income (premiums, wool, etc.) I received:

Date	Item	Income
07/28/12	Premiums	5.00
<b>Total other income</b>		[10] \$5.00

## Summary

### Profit or Loss Statement

#### Total Expenses

Value of animals at beginning of my project (From [2] on pg 1) 250

Feed cost (From [4] on pg 2) 435.00

Other expenses (Add [2], [4], [5]) (From [5] on pg 2) 24.50

#### Total Income

Value of animals sold (From [7] on pg 3) 918.40

Value of animals on hand at end (From [9] on pg 3) \_\_\_\_\_

Other income (Add [7], [9], [10]) 5.00

Total expenses [11] 709.50

Total income [12] 923.40

Total expenses [11] \_\_\_\_\_

**Profit or Loss ([12] – [11])** **\$213.90**

### Gain Records\*\*

Description (include tag # or eartotch)	Col 1 Date of beginning wt./*birth date	Col 2 Beginning weight	Col 3 Date of ending wt.	Col 4 Final weight	Col 5 Total gain	Col 6 No. of days on feed/ *days of age	Col 7 ADG or WDA
57	04/14/12	74	07/26/12	283	209	102	2.05
55	04/14/12	64	07/26/12	277	213	102	2.09
Total of total gain					422	[13]	

\*\*If you have more than six animals, continue this Gain Records section on another page so you have a line for each animal.

\*Use this formula to calculate average daily gain (ADG):

- a) total gain = final weight minus beginning weight (Col 2 – Col 4 = Col 5)
- b) the number of days on feed = the number of days between the date of beginning weight and the date of ending weight (Use a calendar to count number of days between Col 1 and Col 3, number of days = Col 7.)
- c) ADG = total gain divided by the number of days on feed (Col 5 ÷ Col 6 = Col 7)

\*Use this formula to calculate weight per day of age (WDA):

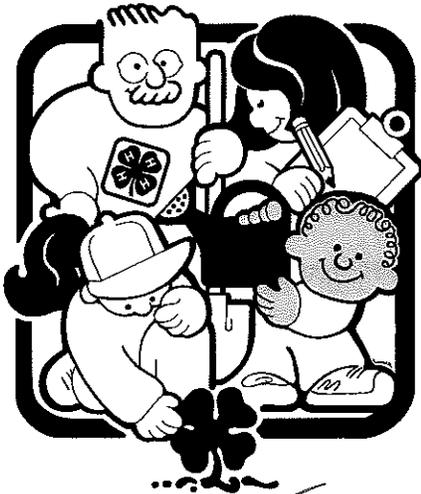
Weight per day of age (WDA) should be calculated for animals that do not have beginning weight recorded.

- a) days of age – the number of days between the date of birth and the date of ending weight (Use a calendar to count number of days between Col 1 and Col 3, number of days = Col 6.)
- b) WDA = final weight divided by the number of days of age (Col 4 ÷ Col 6 = Col 7)

Use this formula to calculate feed efficiency: [3] ÷ [13] = Feed Efficiency

**Feed Efficiency** **3.55**

Clippings  
+  
Pictures Pertaining  
to Sall's Wine Project



## 4-H Youth Development

# 4-H Record Keeping Self-evaluation

Name Sally Example Grade 11  
 Club Awesome Achievers Year 8

Include this form with your record keeping materials. Check (X) the appropriate column(s) to indicate how you would rate yourself on your record keeping this year.

### My Record Keeping Skills

(Your responses may be written, typed, audio taped, or video taped.)	I did my best.	I did OK.	I could do better.	I need help with this.
I set goals before beginning my project(s).	X			
I planned and described what I did.	X			
I kept information organized.		X		
I kept financial records if needed.			X	
I included how I felt about my project(s).		X		
I included how I would use what I learned in the future.		X		

My additional comments about my 4-H record keeping: I have improved my goal setting skills over the years and am pleased with my progress. I need to keep an organized system of my seed records. I had to guess a little bit.

Adult/teen mentor comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Clippings

+

Pictures pertaining

to Club activities, Reporter's  
Reports from newspaper, fair results, etc.

Records from previous years should  
follow