

County Record Book Starter Kit

Project Records Run From July 1 Till June 30

Here is your supply of forms to start your very own Creek County 4-H Record Book. This will begin only the very basic record book. As you begin keeping records of your 4-H work, you will find more details that you will wish to record. Additional forms are available at the OSU Extension Center to help you expand your record book. Remember, your book is to include this year's 4-H work only. If you fill a participation or project page, you can add additional pages. The record book should be completed in the 4-H'ers handwriting or typed.

Assembling Your 4-H Record Book (secure all materials in a folder)

1. Cover Page – you may decorate your cover sheet.
 - a. Please place a photo in the designated area on the cover page. Photo can be in color or black and white.
2. Project Medal Checklist
 - a. Use the list of *Medals Available* to help you determine which medals you would like to apply for.
 - b. Be sure to complete this checklist for each medal you are applying for this year. (*You may apply for two medals each year. You may win the same medal each year.*)
3. Blank divider page with tab for 4-H Story.
4. My 4-H Story Page – Your 4-H Story shows growth in your 4-H work by telling it in story form your most outstanding accomplishments, funny things that have happened as well as disasters. Avoid a year-by-year listing of what you did, but include work all the way back to the first year. Don't save the best for last, put it near the beginning to catch the reader's interest. Try to show the human interest side of what 4-H has done for you, your family, your community, your state and how it has influenced your future plans. Be specific – explain what you mean when something is "great" or "wonderful". Don't use slang, ask someone to read your story to check for mistakes and clarity. If something is not clear, rewrite it. 4-H story can be typed or hand written and should include an introduction, body and conclusion.
5. Blank divider page with tab for 4-H Participation Section.
6.

Participation Section	Citizenship/Community Service
4-H Speeches/Illus. Pres.	Other 4-H Events and Activities
4-H Exhibit Record	Awards and Recognitions
Workshops/Programs Attended	4-H Leadership
Tours/Field Trips Attended	4-H Office Held/Committees Served On
Judging Events/Workshops Attended	Non 4-H Experiences (Church, School, etc)
7. Blank divider with tab for Project Section #1.
8. Project Section - Each project section should include the following pages:
 - Objectives of My Project
 - New Things Learned in My _____ Project
 - Work Done in My _____ Project
 - Expenses/Income (if applicable)
 - Picture Section (one page per Project)
9. Blank divider with tab for Project Section #2.
10. Blank divider with tab for Other Pictures.

11. Other Picture Section – Picture pages are limited to one per project and are to be included in the project section, however, you may also include two pages of miscellaneous pictures relating to your 4-H work.

12. Medals Available:

- | | |
|--|-------------------------------------|
| Achievement | Food – Nutrition |
| Aerospace | Food Preservation |
| Agriculture | Forestry |
| Art | Geology |
| Athletics | Gardening & Horticulture |
| Automotive | Goat |
| Beef | Grooming |
| Birds | Health |
| Bicycle | Home Improvement |
| Bread | Home Management |
| Cake Decorating | Horse |
| Cat | Horticulture |
| Child Care | Judging |
| Citizenship | Leadership |
| Clothing & Textiles | Marine Science |
| Commodity Marketing | Music |
| Community Beautification | Needlecraft |
| Computer Science | Photography |
| Conservation of Natural Resources | Plant Pathology |
| Consumer Education | Plant & Soil Science |
| Dairy | Poultry |
| Dairy Foods | Public Speaking |
| Demo/Leathercraft | Rabbit |
| Dog Care & Training | Reading |
| Drama | Recreation |
| Electric Energy | Reporting |
| Energy Management | Safety |
| Entomology | Sheep |
| Family Life | Shooting Sports |
| Fashion Revue | Swine |
| Field Crops | Tractor |
| Fitness Leadership | Vet Science |
| Floriculture | Wood Sciences |
| Food Conservation & Safety | Wildlife & Fisheries |

*** Remember, think of your record book as a scrapbook, and if you don't know exactly where something goes, write it down and put it in. It's easier to throw it away later than to remember what it was.**

Project Medal Checklist

Complete one checklist for each medal or certificate you are applying for this year.

Name: _____

Project : _____

BRONZE MEDAL

- ___ Completed a 4-H record book (*project pictures optional*)
- ___ Write a 4-H Story (*at least 1/2 page*)
- ___ Participated in 1 county 4-H event.
- ___ Be involved in one citizenship project.
- ___ Learned three new things as a result of this project.

SILVER MEDAL

- ___ Completed a 4-H record book (*project pictures required*)
- ___ Write a 4-H story (*at least one page*)
- ___ Participated in 2 county 4-H events.
- ___ Be involved on one citizenship project related to project
- ___ Learned three new things as a result of this project.
- ___ Gave a speech or illustrated presentation related to project
- ___ Can have been given at club meeting, civic groups, or county 4-H events
- ___ Enrolled member of 4-H and attend meetings regularly.

GOLD MEDAL

- ___ Completed a 4-H record book (*project pictures required*)
- ___ Write a 4-H story (*at least one page*)
- ___ Participated in 3 county 4-H events
- ___ Be involved in one citizenship project related to project and one other citizenship activity
- ___ Provided at least one form of leadership in project area and one from another area
- ___ Learned five new things as a result of this project.
- ___ Gave two speeches or illustrated presentations – one related to project and one over any other topic. Can have been given at club meeting, civic groups, or county 4-H events.
- ___ Enrolled member of a 4-H club and attend meetings regularly.

PARTICIPATION CERTIFICATE

- ___ Completed 4-H record book (*project pictures optional*)
- ___ Write a 4-H story (*1/2 page*)
- ___ Learned at least one thing related to project
- ___ Does not meet criteria for Bronze Medal

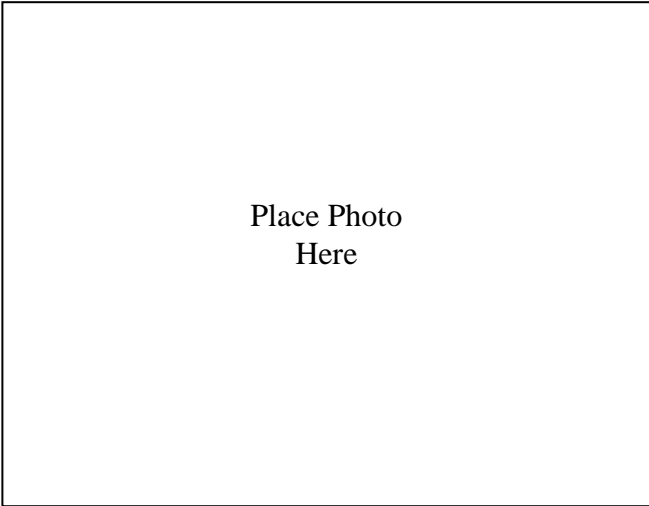
County 4-H Events that I participated in:

- | | | |
|----------------------------------|---------------------------|------------------|
| ___ Food Fair | ___ Home Environment Fair | ___ County Rally |
| ___ Share-The -Fun | ___ Dress Revue | ___ County Fair |
| ___ County Spring Livestock Show | ___ Impressive Dress | |

4-H Club meetings I have attended:

- | | | | |
|--------------|---------------|--------------|--------------|
| ___ August | ___ September | ___ October | ___ November |
| ___ December | ___ January | ___ February | ___ March |
| ___ April | ___ May | | |

My 4 - H Record Book



Name

4 - H Club

Year in 4 - H

Age

Medals I Would Like to Receive

Medals I Have Already Received

4 – H STORY

Your story is an important part of your 4-H record. The introductory could include such things as reasons for joining 4-H, things that make 4-H interesting to you and how you have helped other 4- H members. It should focus on the projects or activities in which your record is to be considered for medals or certificates. You may include reasons for selecting the project(s), new things learned and plans for the future. The story should be limited to two pages and be in your own handwriting or typed.

