



4-H RECORD BOOK GRAND FORKS COUNTY

2018-2019 4-H YEAR Ages 8-11



Name _____ Club _____

Years in 4-H _____ 4-H Age on September 1, 2018 _____

My 4-H Completion Requirements (please check when completed):

- _____ 1. Attended at least six (6) club meetings or local club function (family nights, club parties, club community service activities, etc.) during the 4-H year.
- _____ 2. Enrolled in and completed one (1) 4-H project and completed the records for that project.
- _____ 3. Completed and returned this 4-H Record Book to my 4-H leader in August (check with leader for due date).
- _____ 4. Participated in two (2) or more county level 4-H activities.

Please list the county level 4-H activities in which you participated:

4-H projects I have completed this year: (List projects titles, not individual fair exhibits. Project titles are listed in your 4-H Online account project tab. Example: Food and Nutrition)

This is a true and accurate record of my 4-H project work over the past year.

Member signature

Parent/Guardian Signature

Leader Signature

INSTRUCTIONS FOR FILLING IN 4-H RECORD BOOK

AGE 8-11

1. 4-H Participation & Leadership Record is a checklist for you to keep track of all the 4-H activities and events in which you have participated during the current 4-H year. Use the checklist throughout the year to check off each activity or event as you complete or participate in them.

Club Level Participation—list anything organized and planned by your local 4-H club.

County Level Participation and Leadership—list activities and events organized and planned by the county Extension office and volunteers.

Competitive Event Participation—list any competitive event that you may participate in at the county, district or state levels.

2. Individual Goals and Experiences in Other Organizations. Determine goals at the beginning of the year and update them as needed. Also, briefly record your involvement in school, church or community groups and work experiences outside of 4-H.

3. 4-H Project Record The remainder of the 4-H Record Book contains 4-H Project Record pages. These are record keeping pages for each individual project you have enrolled in during the current 4-H year. An example of a complete 4-H Project Record is found on the back pages. Please complete a 4-H Project Record form for each of the project areas in which you are enrolled.

The following 4-H Project Record forms are *optional* for the 8-11 year old 4-H members. If you choose to fill out these record forms, you do not need to complete a project record page in the book.

Beef Breeding, Beef Market, Swine Breeding, Swine Market, Sheep Breeding, Sheep Market, Sheep Dairy Production, and Dairy. These records are **state** 4-H Project Record forms and the order numbers can be found in the “North Dakota 4-H Program Guide” or view/print from www.ndsu.edu/4h .

Horse, Pets, Garden, Poultry, and Rabbit are **county** 4-H Project Record forms that must be requested from the Extension office or view/print from the Grand Forks County Extension Service website www.ag.ndsu.edu/grandforkscountyextension .

4. Awards Day information and the “Program Award Summary Form” is located at the end of this record book. Review the award criteria to see what you need to accomplish this year to be eligible for awards. Be sure to complete the “**Program Award Summary Form**” before you turn in your record book at the end of the year.

PARENTAL AND LEADER COMMENTS

At times, a parent or leader will wish to comment on a 4-H member’s activities during the year or make comments concerning any extenuating circumstances or learning disabilities that may have made it difficult for the 4-H’er to satisfactorily fill out a 4-H Record Book. All comments will be held in the strictest confidence and should be submitted on a separate piece of paper and turned in to the Extension office with the 4-H member’s 4-H Record Book. These comment sheets will be removed before records are returned to the 4-H member.

TIPS FOR FILLING OUT YOUR 4-H RECORD BOOK



- Put this book in a folder to keep it neat and organized along with all of the extra pages.
- Remember to take pictures when you are working on projects to add to your records.
- Paperclip a piece of paper onto the cover for space to make notes during the year to keep the book neater.
- Make extra copies of pages as needed before you fill out all of the pages, or request extra pages from the Extension office or view/print pages from the county website www.ndsu.edu/grandforkscountyextension .
- You do not have to exhibit at the Greater Grand Forks County Fair in order to complete a 4-H Record Book.
- Remember to list supporting activities for your projects.
 - Example: **Sheep Project-** How did you care for the animal(s)? List details about feeding, bathing, shelter, etc. Did you build or make something special for your animal(s)? Did you read any books or magazines and/or attend workshops for your animal(s)?
 - Example: **Food and Nutrition Project-** Keep a list of things you made. Do you help with family meal preparation and cleanup? Do you set the table? Did you help your family prepare the food for a party?
- A speech or a demonstration is given to more than one person. An interview with a judge is not a speech or demonstration.
- 4-H'ers must fill out their 4-H Record Book themselves. Penmanship is not judged.
- To apply for awards, complete the "Program Award Summary Form" page before your turn in your record book at the end of the year.

4-H PARTICIPATION & LEADERSHIP RECORD

Please check box(es) or line(s), unless instructed otherwise, as they apply to you.

Please do not list an activity more than once on this record.

NA stands for Not Applicable to the event.

CLUB PARTICIPATION	Club	Chair	Committee
Number of club meetings attended.		NA	NA
Other club functions attended:			
Assisted at a county event	_____	_____	:_____
Fundraiser	_____	_____	_____
Community Service project	_____	_____	_____
Other activities (attend club lessons or special events):	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Speech or talk at a club level (list title of speech):			
_____		NA	NA

Demonstrations at club level (list title of demo):			
_____		NA	NA

Lead the flag pledges at club meetings.		NA	NA
Served as a club officer—list office(s) held:			
_____		NA	NA

COUNTY PARTICIPATION AND LEADERSHIP

Participated

Club

County Awards Day		NA
4-H Follies and Creative Arts Show		
4-H Funworks		NA
County Day Camp		NA
Worked at County Fair: 4-H Information Booth 4-H Fundraiser (Raffle Tickets) 4-H Pie & Ice Cream	_____ _____ _____	_____ _____ _____
County Fair Exhibitor		NA
County Ambassador		NA
Other county activities:		

COMPETITIVE EVENT PARTICIPATION

Club

County

District

State

Communication Arts (Speech and Demonstration Event)	NA			
Judging Contests: Crops Judging Team	_____	_____	_____	_____
Judging Contests: Consumer Choices	_____	_____	_____	_____
Judging Contests: Hippology	_____	_____	_____	_____
Project Expo	NA			
Sew & Show – Clothing Revue	NA		NA	
Buy & Show – Clothing Revue	NA		NA	
Decorate Your Duds – Clothing Revue	NA		NA	
Other Events Not Listed:				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

OTHER OPPORTUNITIES AND RESPONSIBILITIES IN 4-H

1. Who has been the most influential person in your 4-H career so far?

2. **PROMOTION OF 4-H** Promotion activities at school, church, in your community businesses or service clubs (Lions, Rotary, Legion, Homemakers, etc.). What did you do personally (on your own), with your club (organized by local 4-H club), or with a county organized activity to promote 4-H?

3. **COMMUNITY SERVICE-LEARNING** List activities where you assisted others as part of a personal (on your own), club (locally organized by your 4-H club), or county (county organized) community service or service-learning project.

INDIVIDUAL GOALS List your individual goals for the year. (Please fill this in at the beginning of the 4-H year and update as needed.)

1. _____
2. _____
3. _____
4. _____

EXPERIENCES IN OTHER ORGANIZATIONS Keep a record of your involvement in school, church, and community groups and organizations, along with any work experiences outside of your 4-H involvement throughout the year. Include offices held, committees served on and honors received.

Group or Organization	Your Involvement

4-H PROJECT RECORD

Project Title: _____ Years in Project: _____

Goals for this project:

- A. _____
- B. _____
- C. _____

What I did for my project and what I learned from it:

Did I give a talk or demonstration about my project? Yes No

About what? _____ Where? _____

Did I exhibit something I made? Yes No

What? _____ Where? _____

What do you feel is your best accomplishment or achievement in this project over the past year?

Project Extras: (Optional) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach project extras to this form or include items when records are turned in. (For garden projects, please draw a plot of garden.)

4-H PROJECT RECORD

Project Title: _____ Years in Project: _____

Goals for this project:

- A. _____
- B. _____
- C. _____

What I did for my project and what I learned from it:

Did I give a talk or demonstration about my project? Yes No

About what? _____ Where? _____

Did I exhibit something I made? Yes No

What? _____ Where? _____

What do you feel is your best accomplishment or achievement in this project over the past year?

Project Extras: (Optional) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach project extras to this form or include items when records are turned in. (For garden projects, please draw a plot of garden.)

4-H PROJECT RECORD

Project Title: _____ Years in Project: _____

Goals for this project:

- A. _____
- B. _____
- C. _____

What I did for my project and what I learned from it:

Did I give a talk or demonstration about my project? Yes No

About what? _____ Where? _____

Did I exhibit something I made? Yes No

What? _____ Where? _____

What do you feel is your best accomplishment or achievement in this project over the past year?

Project Extras: (Optional) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach project extras to this form or include items when records are turned in. (For garden projects, please draw a plot of garden.)

4-H PROJECT RECORD

Project Title: _____ Years in Project: _____

Goals for this project:

- A. _____
- B. _____
- C. _____

What I did for my project and what I learned from it:

Did I give a talk or demonstration about my project? Yes No

About what? _____ Where? _____

Did I exhibit something I made? Yes No

What? _____ Where? _____

What do you feel is your best accomplishment or achievement in this project over the past year?

Project Extras: (Optional) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach project extras to this form or include items when records are turned in. (For garden projects, please draw a plot of garden.)

4-H PROJECT RECORD

Project Title: _____ Years in Project _____

Goals for this project:

A. _____

B. _____

C. _____

What I did for my project and what I learned from it:

Did I give a talk or demonstration about my project? Yes No

About what? _____ Where? _____

Did I exhibit something I made? Yes No

What? _____ Where? _____

What do you feel is your best accomplishment or achievement in this project over the past year?

Project Extras: (Optional) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach project extras to this form or include items when records are turned in. (For garden projects, please draw a plot of garden.)

**EXAMPLE
4-H PROJECT RECORD**

Project Title: Horse Years in Project 2

Goals for this project:

- A. Learn the parts of a horse saddle.
- B. Take care of my neighbor's horse.
- C. Join the Hippology Team.
- D. Ride my neighbor's horse 1 time a week.

What I did for my project and what I learned from it:

- A. Took care of my neighbor's horse. Learned how to act around a horse.
- B. Fed a neighbor's horse. Learned what horses eat.
- C. Joined the Hippology Team. Learned what parts of the saddle are.
- D. Rode a neighbor's horse. Learned why I need to wear boots!

Did I give a talk or demonstration about my project? Yes No

About what? How to brush a horse. Where? My club.

Did I exhibit something I made? Yes No

What? Poster on horse health. Where? The fair.

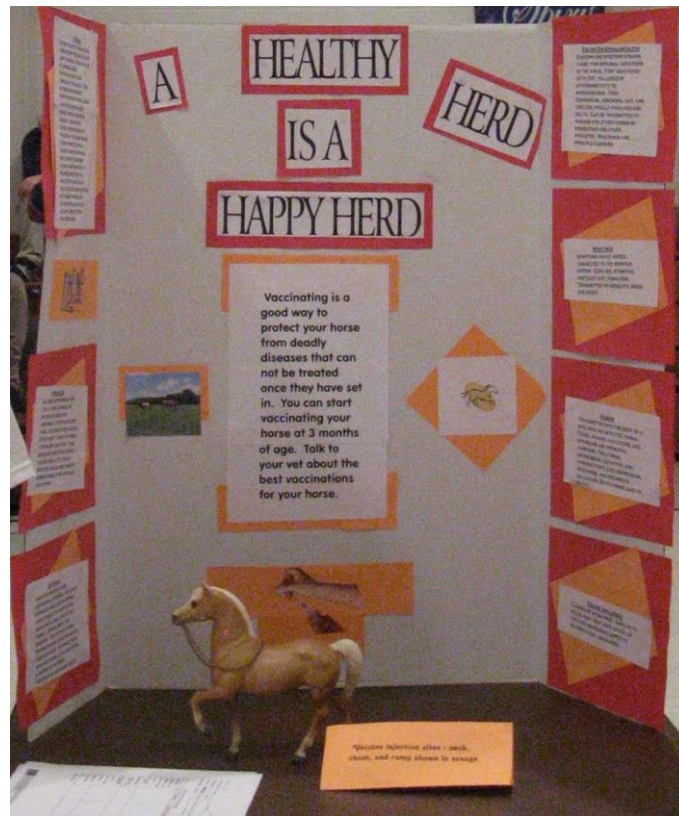
Next year I want to learn about:

Different types of bridles.

Snaffle bits and hand rein positions.

Project Extras: (Optional) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach to this form or include when records are turned in. (For garden projects, please draw a plot of garden.)

Picture of my poster.



2019 4-H Program Awards

Dear 4-H Members:

Enclosed is the information for the *2019 Grand Forks County 4-H Program Awards*.

The award selection committee will make the determination of who receives awards by reviewing 4-H Member's 4-H Record Books. So, make sure your record books and additional project records are completely finished. Carefully read through the enclosed information and check which awards you want to be considered for on the **Program Award Summary Form**. Place this form inside your current year record book. NOTE: Check with your club leader about submitting your **4-H Record Books** and **Program Award Summary Form**—some leaders prefer to collect the Record Books and turn in everything together as a club.

Awards are grouped into the following categories:

- Project Awards 8-18 Year Olds
- Outstanding Participation Awards
- Outstanding Member Recognition
- 4-H Program Completion Awards

Please call the extension office at 701-780-8229 if you have any questions.

The Program Award Summary Form, along with your 4-H Record Books, are due in the county Extension office ON OR BEFORE 4:30 p.m. Friday, August 23, 2019.

Best of luck!

Sincerely,



MaKayla Heinz
Extension Agent / 4-H Youth Development

PROJECT AWARDS 8-18 YEAR OLDS

Awarding 4-H'ers 8-18 years old who have outstanding project achievement in specific project areas.

Award recipients will receive a project pin and a gift card relating to their project area. If there are one to five applicants in each project, one award will be given out. If there are six or more applicants in each project, two awards will be given out.

To be eligible to apply for a Project Award you must:

- Complete two years in at least one project.**
- Indicate which awards you want to be considered for on the “Program Award Summary Form”.**
Place this form inside your current year’s record book.
- Submit your current year 4-H Record Book along with past year 4-H Record Book(s) to show your growth and achievement in the project for which you are applying.**

PROJECT AWARDS

ANIMAL SCIENCE

BEEF

Additional Records to Submit:

"Beef Breeding Record" or
"Market Animal Project Record"

DAIRY

Additional Records to Submit:

"Dairy Production Record"

GOATS

Additional Records to Submit:

"Breeding Record" or
"Market Animal Project Record"

HORSE

Additional Records to Submit:

"GF County Horse Project Record"

PETS

Additional Records to Submit:

"GF County Pet Project Record"

CATS

Additional Records to Submit:

"GF County Pet Project Record"

DOGS

Additional Record to Submit:

"GF County Pet Project Record"

POULTRY

Additional Records to Submit:

"GF County Poultry Project Record"

RABBIT

Additional Records to Submit:

"GF County Rabbit Project Record"

SHEEP

Additional Records to Submit:

"Sheep Breeding Record" or
"Market Animal Project Record"

SWINE

Additional Records to Submit:

"Swine Breeding Project Record" or
"Market Animal Project Record"

VETERINARY SCIENCE

PLANT SCIENCE

CROP PRODUCTION

HORTICULTURE

Additional Records to Submit:

"GF County Garden Project Record"

ENVIRONMENT AND EARTH SCIENCE

ENTOMOLOGY

FORESTRY

OUTDOOR SKILLS

Outdoor Adventures, Birdwatching,

FISHING

SHOOTING SPORTS

ENVIRONMENT

Exploring Your Environment,

Nature Trails, Wildlife

SCIENCE, ENGINEERING AND TECHNOLOGY

AEROSPACE ADVENTURES

ELECTRICITY

WIND ENERGY

SMALL ENGINES

WELDING

WOODWORKING

GENERAL SCIENCE INVESTIGATION

TECHNOLOGY

Computer Power Unlimited,

Geospatial, Robotics

CITIZENSHIP, PERSONAL DEVELOPMENT AND LEADERSHIP

CITIZENSHIP

LEADERSHIP

COMMUNICATIONS

CREATIVE ARTS

CREATIVE ARTS

Arranging Flowers, Models, Clay and Plaster,
Glue Solution, Scrapbooking, Wood Arts, Metal
Arts, Cake Decorating, Filmmaking

LEATHERCRAFT

THEATER ARTS

VISUAL ARTS

PHOTOGRAPHY

HEALTHY LIFESTYLE EDUCATION

BAKING

COOKING

EXPLORING FOOD SCIENCE

FOOD PRESERVATION

HEALTH

FAMILY AND CONSUMER SCIENCE

CHILD DEVELOPMENT

HOME ENVIRONMENT

MONEY MANAGEMENT

FIBER ARTS

How to Crochet, How to Embroider,

How to Knit, Latch Hooking,

Macramé, How to Needlepoint,

Quilting for Fun

CLOTHING AND TEXTILES

Sewing, Purchasing

OUTSTANDING PARTICIPATION AWARDS

Awarding 4-H'ers who have participated in 4-H events/activities during the current year. Evidence of your participation and work in project areas, and your event and activity participation should be recorded in your 4-H Record Book.

To be eligible to apply for an Outstanding Participation Award you must:

- Indicate which awards you want to be considered for on the “Program Award Summary Form”.**
Place this form inside your current year’s record book.
- Submit your current year 4-H record book.**

4-H SPIRIT AWARD

Awarded to: One (1) 4-H'er

Eligibility: Selection is based on club leader recommendation and member assistance with event set-up, volunteering in the county and participating in other activities.

Sponsor: Mabel Martin Family will provide a \$25.00 cash award to the recipient.

MYRA FOUNDATION AWARD

Eligibility: Completion of records for at least five (5) projects and have participated in at least five (5) county 4-H events. A minimum of three of the five qualifying events must be from the education event category, as listed below.

Qualifying Events:

Educational Events include the Greater Grand Forks Fair, Summer Horse Clinics, any 4-H judging events (crops judging, Consumer Choices, etc.), the 4-H Clothing Revue, Project Expo, County Communication Arts-Demonstration, County Communication Arts-Speech and presenting a session at 4-H Day Camp or 4-H Funworks.

Promotional, Fundraising and Other County Sponsored Events include the 4-H Follies, Creative Arts Show, participation in the Potato Bowl parade entry, participation in the Pie & Ice Cream Social and Raffle Ticket Sales, the Paper Clover Promotion at TSC, LISTEN Center Christmas Trees, 4-H Funworks and 4-H Day Camp.

Sponsor: The Myra Foundation will present a plaque to new award recipients and a hanging year brass plate to previous recipients.

OUTSTANDING MEMBER RECOGNITION

Awarding 4-H'ers who have OUTSTANDING overall achievement and participation in the 4-H program at key points in their 4-H careers. Evidence of a member's participation and achievement is provided by the 4-H Record Book as specified in the eligibility criteria for each of the individual awards.

To be eligible to apply for an Outstanding Member Recognition Award you must:

- Follow the eligibility criteria as listed for the specific Representative 4-H Member Award for which you are applying.**
- Indicate which awards you want to be considered for on the "Program Award Summary Form".** Place this form inside your current year's record book.

First Year Representative 4-H Member

Up to two (2) 4-H members that have completed their FIRST YEAR of 4-H club work are selected.

Eligibility: Selection is based on club leader recommendation and review of the first year member's project work and activity participation as recorded in their 4-H Record Book.

Sponsor: Bremer Bank presents a 4-H sweatshirt labeled with award.

Junior Representative 4-H Member

Up to two (2) 4-H members that have completed their THIRD YEAR in 4-H and are no older than 15 years of age by the beginning of the current 4-H year are selected. A 4-H'er may receive this award only once.

Eligibility: Selection is based on club leader recommendation, review of the member's project work, leadership development, club involvement and activity participation as recorded in their 4-H Record Book for the current year **and all previous years.** Applicant must submit all record books.

Sponsor: Farm Bureau presents a 4-H Sweatshirt labeled with award.

Senior Representative 4-H Member

Up to two (2) 4-H members who are 16 years of age or older by the beginning of the current 4-H year and have completed a minimum of FIVE (5) years of 4-H work. A 4-H'er may receive this award only once. (Preference is given to 4-H'ers completing their senior year in high school.)

Eligibility: Selection is based on club leader recommendation, review of the member's project work, leadership and personal development, activity participation and club and community involvement as recorded in their 4-H Record Book for the current year **and all previous years.** Applicant must submit all record books

Sponsor: The Grand Forks Chamber of Commerce presents a gold watch to each award recipient.

North Dakota Key Club (4-H'er Leadership) Award

One percent (1%) of the county 4-H enrollment may be awarded. Applicants must be 16 years of age or older by the beginning of the 4-H year. This award is only received once by a 4-H member.

Eligibility: Selection is based on review of leadership development and project or program accomplishments as recorded in their 4-H Record Books for the current year **and all previous years.** Applicant must submit all record books along with the required "North Dakota Key Club Award" application form. Major consideration is given to 4-H'ers who emphasize their 1) growth in personal development, as well as, 2) how they have shared their knowledge and skills gained through their involvement in the 4-H program.

Sponsor: The Grand Forks County 4-H Organization will present a gold key pin to each award recipient.

North Dakota Key Club (4-H'er Leadership) Award Application

Name _____ Club _____

1. Share your personal development you have gained while participating in 4-H.

2. List ways in which you have shared the knowledge and skills you have gained through your participation in 4-H with others.

3. What do you feel was your biggest project or program accomplishment in 4-H, and why?

4-H PROGRAM COMPLETION AWARDS

Awarding 4-H'ers who have completed yearly milestones in their participation in the 4-H program.

To be eligible to apply for a 4-H Program Milestone Completion Award you must:

- Complete and fill out at least one 4-H project record.**
- Submit your current year 4-H Record Book.** NOTE: Check with your club leader about submitting your end-of-year 4-H Record books and award application materials—some leaders prefer to collect the information and turn in the records all together.
- Indicate which awards you want to be considered for on the “Program Award Summary Form”.** Place this form inside your current year’s record book.

First Year 4-H Shirt Award

Eligibility: Submit a completed current year 4-H Record Book.

Sponsor: The Myra Foundation will present a 4-H shirt to all award recipients.

Third Year Recognition Award

Eligibility: Submit a completed current year 4-H Record Book.

Sponsor: Ag Country Farm Credit Services will present a 4-H shirt to award recipients.

Five Year Recognition Award

Eligibility: Submit a completed current year 4-H Record Book.

Sponsor: Grand Forks Ag Improvement Association will present a 4-H shirt to award recipients.

Ten Year Recognition Award

Eligibility: Submit a completed current year 4-H Record Book.

Sponsor: Ag Country Farm Credit Services will present a 4-H shirt to each recipient.

4-H Career Completion Award

Recognizing members who joined 4-H later in their school years and have finished their 4-H careers by reaching the maximum age limit to participate.

Eligibility: For 4-H members who are NOT eligible for the TEN YEAR RECOGNITION AWARD, but have reached the maximum age of participation in the 4-H program and will be unable to re-enroll in 4-H the next year. Submit a completed current year 4-H Record Book.

Sponsor: The Grand Forks County 4-H Organization will present a 4-H shirt to award recipients.

4-H TREASURER AND SECRETARY AWARDS

For any current year club treasurer or secretary.

To be eligible to apply for a 4-H Treasurer or Secretary Award you must:

- Indicate which awards you want to be considered for on the “Program Award Summary Form”.** Place this form inside your current year’s record book.
- Complete and turn in** your club’s current year treasurer or secretary record books.

Program Award Summary Form

Name: _____ Club: _____

Indicate all the awards you wish to be considered for on this form, leave the sheet in the back of your record book. Turn your record books into your leader or the Extension office by 4:30 p.m. on Friday, August 23, 2019.

PROJECT AWARDS:

Animal Science

- Beef
- Dairy
- Goats
- Horse
- Pets
- Cats
- Dogs
- Poultry
- Rabbit
- Sheep
- Swine
- Veterinary Science

Plant Science

- Crop Production
- Horticulture

Environment and Earth Science

- Entomology
- Forestry
- Outdoor Skills
- Fishing
- Shooting Sports
- Environment

Science, Engineering and Technology

- Aerospace
- Electricity
- Wind Energy
- Small Engines
- Welding
- Woodworking
- General Science Investigation
- Technology

Citizenship, Personal Development and Leadership

- Citizenship
- Leadership
- Communications

Creative Arts

- Creative Arts
- Leathercraft
- Theater Arts
- Visual Arts
- Photography

Healthy Lifestyle Education

- Baking
- Cooking
- Exploring Food Science
- Food Preservation
- Health

Family and Consumer Science

- Child Development
- Home Environment
- Money Management
- Fiber Arts
- Clothing and Textiles

OUTSTANDING PARTICIPATION AWARDS:

- 4-H Spirit Award
- Myra Foundation Award

OUTSTANDING MEMBER RECOGNITION:

- First Year Representative Member
- Junior Representative Member
- Senior Representative Member
- North Dakota Key Club Award

4-H PROGRAM COMPLETION AWARDS:

*Please circle the size of shirt you would like to receive:

**Youth Small • Youth Medium • Youth Large •
Adult Small • Adult Medium • Adult Large •
Adult XL**

- First Year Award
- Third Year Recognition Award
- Five Year Recognition Award
- Ten Year Recognition Award
- 4-H Career Completion Award

TREASURER AWARD

SECRETARY AWARD