

A. 4-H PROJECT WORK (20 points): List by major projects and/or program areas. Use numbers when appropriate to show size, extent, growth, number of items, savings, etc. over time.

Year Project name Things made, produced, learned, etc.

2010 Woodworking Made a bookshelf for my room; worked 57 hrs, \$72; saved \$100; learned to use a sander.
(using Ctrl Tab will allow you to create columns inside box)

Clothing

2010	Dress Up Outfit, Formal Wear	Created a lined empire waisted long formal dress; worked 84 hours; \$85; saved \$65; learned how to work with a silver beaded charmeuse fabric and boning. Challenged myself by altering my pattern for a more professional, stylish look by adding a band to the upper bodice and a band and bow below the bodice.
2009	Clothes for High School and College	Constructed a jean jacket with a sleeveless plaid dress; worked 85 hours; jacket \$35, saved \$15; dress \$30, saved \$15; learned how to match an uneven plaid, make piping, double topstitch, attach jean button snaps, and attach cuffs and waistband.
2008	Sportswear for Spectators	Made a short, lined jacket with jean capris; worked 60 hours; \$43; saved \$10; learned how to apply lining and how to work with slippery fabric; learned how to finish seams with bias tape
2007	Lounging Apparel	Constructed a short black polyester fleece robe with contrasting shaggy fabric; worked 53 hours; \$30; saved \$20; learned how to handle the bulk when sewing with fleece and shaggy fabric; learned how to attach a collar.
2006	Clothing For Middle School	Made a semi-fitted embroidered linen top and khaki corduroy gauchos; worked 40 hours; top \$10, gauchos \$15; saved \$25; learned how to sew a lapped zipper, attach a waistband, sew front pockets, and attach lace trim.
2005	Joyful Jumper	Constructed a semi-fitted A-line denim jumper; worked 27 hours; \$30; saved \$10; learned how to match an up and down stripe, how to sew a zipper; and attach eyelets.
2004	Tops for Tweens	Made a cotton-polyester printed top; worked 25 hours; \$15; saved \$5; learned how to put in sleeves, make gathers, and hand-sew trim and beads.
2003	Ready Let's Sew	Made a red, white and blue floral printed skirt with front tie and a matching scrunchie; worked 20 hours; \$9.50; saved \$11; learned how to finish seams, how to put in elastic, how to measure up a hem; learned how to choose a pattern that's the right size and cut it out, how to use a sewing machine, basic hand stitches and items needed for a sewing box; chose a top and accessories for my total look.

Dairy

2010	Jersey Heifers	Exhibited two Jersey Yearling Heifers at the Hartford Fair; spent 60 hours preparing them for the fair. Trained heifers to lead, body clipped and fitted them, and practiced my showmanship skills.
2009	Jersey Heifer	Exhibited a Senior Heifer calf at the Hartford Fair, spent 40 hours training, grooming, walking and practicing with her. Fine tuned my dairy judging skills and increased my skillathon knowledge.
2008	Jersey Heifer	Exhibited a Summer Yearling Heifer calf at the Hartford Fair; spent 40 hours walking and practicing with her during the summer in preparation for the fair. I learned more about feed rations and how to properly feed a yearling dairy heifer.
2007	Jersey Heifer	Exhibited a Junior Yearling Heifer calf at the Hartford Fair; selected my heifer out of a field of 20 calves; broke her to lead; spent 45 hours preparing for the fair; improved my showmanship skills.
2006	Jersey Heifer	Exhibited a Senior Yearling Heifer calf at the Hartford Fair; this was my heifer from the previous year; I spent 40 hours of time reminding her how to walk with the show halter and preparing her for the fair; I developed my showmanship skills for leading a larger heifer.
2005	Jersey Heifers	Exhibited two Jersey heifers – Intermediate calf and Senior calf - at the Harford Fair; my dad and I selected them out of a field of 10 calves; practiced my selection skills; worked over 70 hours on breaking them to lead with the help of my dad; worked on my showmanship skills.
2004	Jersey Heifer	Exhibited a Junior Yearling Heifer calf at the Hartford Fair; selected my heifer out of a Field of 20 calves (assisted by my dad); broke her to lead with my dad's help; practiced my showmanship skills; I spent about 35 hours during the spring and summer working with my heifer and getting her ready for the fair.
2003	Jersey Heifer	Exhibited a Junior Heifer calf; learned what to look for when selecting a calf, how to feed and take care of a calf, how to break a calf to lead, and the basics of dairy showmanship; worked over 35 hours with my new calf.

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B. 4-H PARTICIPATION (20 points): List 4-H activities, field trips, tours, workshops, camps, judging events, contests, exhibits.

Year	Event	What I did; where event took place; including demonstrations and talks given.
2010	Field Trip	Went with 4-H group to the Ohio Dairy Research Center; gave two talks to 4-H dairy clubs.
2011	Workshop	Attended 4 sessions at the 2011 Ohio Junior Fair Conference in Columbus with the Junior Fair Board: "Team Building Activities", "Five Reasons to Bite Off More Than You Can Chew", "Animal Care and Well Being – Your Fair Veterinarian Needs You" and "Stuff To Do Between Shows".
2010	Demonstration	Presented to 24 members and their parents the steps entailed in preparing for a clothing project.
2010	Workshop	Attended 4 sessions at the 2010 Ohio Junior Fair Conference in Columbus with the Junior Fair Board.: "Trophy's Are So Last Century," "You Made the Cut, Now Make It Count," "Make Your Showman of Showman Shine," and "Does Chocolate Milk Come From Brown Cows?"
2010	Road Trip	Visited four county fairs with Junior Fair Board; observed and learned ways to improve our fair.
2010	Meetings	Attended Food and Fashion Board meetings; planned yearly activities.
2010	Field Trip	Traveled to Universe Bridal and Prom store with Food and Fashion Board; tried on prom dresses and received fashion tips and style advice.
2010	Fundraiser	Sold pies at Thanksgiving to raise money for Food and Fashion Board.
2010	Banquet	Attended the Licking County Dairy Banquet; interviewed for dairy princess; 1 st runner up.
2010-09	Fashion Revue	Participated in the State 4-H Fashion Revue.
2010-09	Meeting	Attended Licking County Junior Fair Board meetings and two Senior Fair Board meetings.
2010-06	Skillathon	Participated in Dairy Skillathon at county fair.
2010-03	Clothing Judging	Participated in county judging. Interviewed by a judge about my clothing projects.
2010-03	Club Fashion Revue	Modeled my outfits for 25 residents of Chimes Terrace, a senior living home, with my 4-H club.
2010-03	Clothing Exhibit	Exhibited my outfits in fair booth at county fair.
2010-03	Club Meetings	Attended and provided refreshments at Buttons and Bakers 4-H club regular meetings.
2010-03	Co. Fashion Revue	Attended county fashion revue; modeled my outfit for an audience of 100; judged for State Fair.
2010-03	Dairy Exhibit	Exhibited my Jersey Heifers at the county fair.
2010-03	Club Meetings	Attended Licking County Jersey 4-H club meetings.
2010-03	Contests	Participated in Dairy Judging Contests at the county fair.
2010-03	Quality Assurance	Participated in County Quality Assurance training for Dairy Cattle.
2009	Demonstration	Showed 25 club members the proper way to understitch a facing.
2009	Workshop	Attended the 2009 Ohio Junior Fair Conference in Columbus with the Licking County Junior Fair Board. Participated in breakout sessions for leadership and communications.
2008	Demonstration	Showed 26 club members how to finish seams using a zigzag seam finish and a clean finished seam finish.
2008	Field Trip	Went to Velvet Ice Cream in Utica with my Jersey Club. Learned the history of the company, toured the plant, and learned how ice cream was made.
2008	Field Trip	Went to Layman's Dairy Farm. Toured the farm, learned how they raised calves, cared for the cows, and watched them milk cows in their new parlor.
2008-03	Contests	Competed in Licking County 4-H Dairy Judging contests – Junior and Open classes.
2007	Demonstration	Showed 15 club members how to make fleece dog toys for our club community service project.
2007	Contest	Participated in Hoards Dairyman Cattle Judging contest with my Jersey club.
2007/05/03	Fashion Revue	Participated in State 4-H Fashion Revue.
2006	Demonstration	Demonstrated how to decorate garments with eyelets to 18 club members.
2006	Contest	Participated in the State Dairy Judging Contest at State Fairgrounds.
2006	Field Trip	Went to OSU Veterinary Clinic and OSU Dairy Farm with Jersey club. Toured the clinic, observed a surgery, and walked through the recovery area.
2005	Demonstration	Showed 13 club members how to mark a pattern using a tracing wheel and tracing paper.
2005	Field Trip	Went with Jersey 4-H club to tour Holmes Cheese Factory. Toured the plant and storage area where Swiss cheese is cured; observed and learned how Swiss cheese is made.
2004	Demonstration	Demonstrated to club members the proper way to take measurements before buying a pattern.
2004-03	Field Trips	Went to COBA Select Sires with Jersey Club; toured the facility, learned how bull studs are housed and cared for; learned the science and procedures of artificial insemination in cattle.
2004-03	Skillathon	Participated in Dairy Skillathons at the county fair.
2003	Demonstration	Taught the 4 basic hand stitches used for sewing to 15 club members.

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C. MAJOR 4-H HONORS (10 points): Include 4-H awards, recognition, and other sources of pride and self-esteem.

Year	Honor	For what accomplishment
2010	1st Place Trophy	State Fair Model Rocketry Evaluation
2010	Plaque	Licking County Best of Show – Dress-Up Outfit, Formal Wear
2010	Nominee	Licking County nominee for Ohio 4-H Fashion Revue Award
2010	Rosette	Licking County State Fair Representative – Dress-Up Outfit, Formal Wear
2010	Trophy	Grand Champion Overall with Senior Yearling Heifer in Jersey Club Show
2010	Rosettes	1 st Place Jr Yearling - 3 rd Place Overall; 1 st Place Sr Yearling Heifer - Junior Fair Dairy Show
2010	Trophy/Rosette	Junior Fair Dairy Showmanship Winner – Senior Division; 2 nd place Expert Showmanship
2010	1 st Place Medallions	Junior Fair Dairy Project Interview and Record Book – Senior Division
2010	Leadership Award	National I DARE YOU Leadership Award – The American Youth Foundation
2010,08,07	Pins/Certificates	County Dairy and Clothing Pins(10,07), Certificates(10,08); State Dairy and Clothing nominee (10); Leadership, Citizenship Pins (10); Citizenship State alternate nominee (10)
2009	Plaque	Licking County Best of Show – Clothing for High School and College
2009	Ribbon/Rosette	Ohio State Fair Outstanding of the Day - Clothing for High School and College
2009, 2006	Gingher Scissors	Licking County Junior and Senior Construction Awards
2009,07,05	1 st Place Rosettes	Dairy Judging Contests at county fair - Senior, Intermediate, and Junior levels
2007	Nominee	Licking County nominee for Master Clothing Educator's Award – Junior Category
2007	Rosette	Licking County State Fair Representative - Lounging Apparel
2006	Ribbon/ Rosette	Superior, County Honorable Mention - alternate to State Fair - Clothing for Middle School
2006	Show Halter/Cash	Licking County Jersey Club 1 st place Showmanship and Expert Showmanship Winner
2006	1 st Place Rosette	Jersey Senior Yearling class - Junior Fair Dairy Show
2006	1 st Place Rosette	Licking County 4-H Dairy Skillathon - Junior Division
2006	Plaques	High Point Jr. Individual and Open Jr. Individual Licking County 4-H Dairy Judging Contest
2005	Ribbon/Rosette	Licking County State Fair Representative - Joyful Jumper
2005	1 st Place Trophy	Licking County 4-H Dairy Showmanship Winner - Junior Division
2003	Rosette	Ohio State Fair Outstanding of the Day for Ready Let's Sew

D. 4-H COMMUNITY SERVICE/CITIZENSHIP (10 points): Activities performed through 4-H to benefit community.

Year	Name of Activity	What I did, accomplished, or learned
2010	"Adopt-a-Road"	Picked up trash two times along a 2 mile stretch of road.
2010	Fleece Blankets	Made 20 fleece blankets with Food and Fashion Board members for women's shelter.
2010	Lap Blankets	Helped club make 20 fleece lap blankets for residents at local senior living home.
2010	Dairy Barn Gates	Sanded, wiped down, and painted gates for Dairy barn at Hartford Fair.
2010	Steer Pool Stalling	Set up and organized stalls for Steer Pool barn at Hartford Fair.
2010-09	Grandstand Cleanup	Cleaned the grandstand following the evening entertainment at the Hartford Fair.
2010-03	Fashion Revue	Modeled my sewing outfits for the residents of Chimes Terrace, a senior living home.
2009	Dairy Barn Stalling	Assisted with hanging exhibitor's names in the dairy barn.
2009	Relay for Life	Participated in the local Relay for Life and helped with the event cleanup.
2009-03	Thank You Letters	Wrote thank you letters to buyers and supporters of the "Gallon of Milk" Sale.
2008	Buzz in the Barn	Donated crayons, coloring books, farm books, paintbrushes, beads, lace and sand shovels to be used at the Buzz in the Barn display at the Hartford Fair.
2008	Fair Clean-up	Picked up sticks in the campground area before the Hartford Fair began.
2007	Dog Toys	Made Dog Toys using fleece and tennis balls for local Second Chance Humane Society.
2007	Window Repair	Scraped and painted window frames in the Hartford Fair Dairy Barn.
2007-03	Ice Cream Stand	.Dipped ice cream in the Licking County Dairy Director's Ice Cream Stand.
2006	Clothing and Toy Drive	Collected clothing and toys for church yard sale; raised \$1,000 for Vacation Bible School.
2005	Fashion Revue	Modeled my jumper for Miller Methodist Church women's group.
2005	Hug Me Teddy Bears	Made Hug Me Teddy Bears for local fire department to give to children in the ambulance.
2005	Servicemen Overseas	Collected supplies and sent them to armed servicemen overseas.
2004	Baby Blankets	Helped club members make 32 baby blankets for Newborns in Need.
2003	Yellow Ribbons	Helped my club make and hand out yellow ribbons in honor of the soldiers overseas.

E. 4-H LEADERSHIP: EDUCATIONAL/PROMOTIONAL (15 points): Activities performed to benefit and strengthen 4-H.

Year What I did, organized, taught or accomplished

2010 Taught 10 members how to properly construct a birdhouse at our club meeting.

2010	Worked 15 hours pre-fair preparing for the fair. Dairy stalling; Setting up 4-H center and FFA building; Worked in Junior Fair office handing out exhibitor's ID badges and answering questions; Set up projects and awards in Arts and Crafts Building.
2010	Worked 9½ hours at various livestock shows during the fair. Wrote results, announced class placing results, announced award sponsors, and handed out ribbons to exhibitors.
2010	Worked 6 hours at livestock sales during the fair. Bank runner; Lined up exhibitors; Assisted with picture; Clean-up.
2010	Assisted and taught club members how to make fleece lap blankets for residents at a local Senior Living Home.
2010	Worked 4 hours checking fair entries, alphabetizing and organizing the entries by department number/species.
2010	Helped decorate for the Licking County style revue, lined up the models backstage, and helped with clean-up.
2010	Narrated club's style revue; Read the descriptions of members' outfits while they modeled them for residents at a Senior Living Home.
2010	Taught 24 club members and their parents the steps entailed in preparing and successfully completing a 4-H clothing project.
2010	Worked 3 hours at Quality Assurance training session; in charge of checking exhibitors' paperwork on photo Id's.
2010-09	As chair and member of the dairy committee, assisted with trophy, ribbon, and plaque inventory for the dairy shows at the Hartford Fair. Worked 16 hours each year; assisted the Dairy Judging contest; Wrote results, handed out ribbons, and announced class placing results at the Junior Fair and Open Class dairy shows.
2010,06,04	Led my Jersey heifers in the ring during the Junior Fair "Gallon of Milk Sale" to represent and promote the Junior Fair Dairy exhibitors.
2010-03	Helped design and construct my 4-H club's fair booth.
2009	Taught 25 club members how and when to properly use the technique of understitching in a garment.
2009	As a Junior Fair Board member I assisted at a Quality Assurance training session by making sure that the pig exhibitors signed in and that the paperwork was filled out correctly.
2009	Worked 4 hours during the entry day workday for the Hartford Fair. I made sure the addresses, phone numbers, and birthdates on the exhibitor's entry forms coincided with the fair offices' master copy.
2009	Worked 15 hours in the Jr. Fair Board office and 4-H Center to man the building and answer questions. I also assisted at the pig sale.
2009-08	Assisted my cousin, a first year Jersey Club 4-H member, and my brother with their dairy projects. Demonstrated and taught them the proper techniques of showing a dairy heifer.
2009-07	Provided devotions for Buttons and Baker's 4-H club.
2009, 2005	Wrote news articles about our Buttons and Bakers 4-H club meetings for the local newspaper.
2009-03	Wrote letters to class trophy sponsors and buyers at the Junior Fair Gallon of Milk Sale thanking them for their support of the Junior Fair exhibitors and encouraging continued support for the coming year.
2008	Taught 26 club members how to finish seams using a zigzag seam finish and a clean finished seam finish.
2008-03	Helped my younger cousins lead my dairy heifers during Pee Wee Showmanship.
2007	Taught 15 members how to make fleece dog toys so that they would know how to make them for our club community service project.
2007-04	Led the pledge to the American Flag and the 4-H pledge for Buttons and Baker's 4-H club meetings.
2007-03	Worked in the Licking County Dairy Director's Ice Cream stand dipping and selling ice cream to fair-goers.
2006	Taught 18 members how to decorate a garment with eyelets showing how adding details to your outfits can make them more attractive.
2006	Wrote articles for our local newspaper telling about the Licking County Jersey Club meetings.
2006	Taught younger brother, as a first year 4-H member, proper showmanship skills for leading a dairy heifer.
2006-05	Taught 13 members how to mark their patterns using a tracing wheel and tracing paper. I also mentioned other ways, such as chalk, pencils, or tailor tacks.
2004	Taught 18 club members how to take their measurements to determine their pattern size. I used my cousin as a model to help the younger members understand. Encouraged my cousin to join 4-H and take a sewing project.
2004	Assisted my sister with her demonstration, "The Proper Way to Model" by being her model and showing them examples of good posture and how to practice walking with their head up by placing a book on their head.
2004	Assisted my brother and sister in teaching 15 4-H members the proper way to tie a halter to a gate.
2003	Taught 15 club members the 4 basic hand stitches for sewing.

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F. 4-H LEADERSHIP: OFFICE/COMMITTEE (10 points):

Year	Office/Committee (elected/appointed)	What I did and/or learned
2010	Treasurer, Splashers 4-H Club	Kept list of dues, wrote checks and gave reports.
2011	Secretary, Food and Fashion Board	Record the minutes of board meetings; prepare the minutes for advisor review and distribution to the Board; present a Secretary report at board meetings.
2010	Chairman, Dairy Committee Junior Fair Board	Managed the Junior Fair Dairy department. In charge of trophy inventory and dairy shows.
2010	Media Committee, Junior Fair Board	Typed awards and placings for all livestock shows to be given to the media to report.
2010	Vice President, Buttons And Bakers 4-H Club	Led 4-H club meetings in absence of the President. Narrated members' clothing projects when modeled at club Style Revue.
2009	Dairy Committee, Hartford Fair Junior Fair Board	Assisted the dairy committee chair in preparing for and running the Junior and Open Class dairy shows at the fair.
2009-06-04	News Reporter, Buttons and Bakers 4-H Club	Wrote and submitted articles to local newspaper about our regular club meetings.
2008-07	Treasurer, Buttons and Bakers 4-H Club	Collected dues and gave reports at regular club meetings.
2006	Licking County Jersey Club News Reporter, Licking County Jersey Club	Wrote and submitted articles to local newspaper about our club meetings.

G. NON 4-H EXPERIENCES IN SCHOOL, CHURCH AND COMMUNITY (5 points):

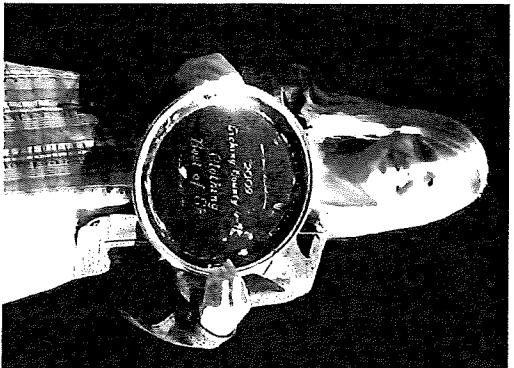
Year List your most meaningful participation in school, church and community organizations.

2010	Directed Senior Class Play including a cast of 30 members.
2011-10	President Junior Class – Johnstown High School; Prom Committee
2011,09-07	Cast member of High School musicals; Phantom of the Opera (11), Beauty and the Beast (09), Anything Goes (08), The Music Man (07)
2010	Inducted into the National Honor Society; Read morning school announcements and lead the pledge
2010-09	Squad leader, clarinet, Johnstown High School Marching Band; Pep Band; Symphonic Band; Solo/Ensemble Contest
2010-08	Participated in Varsity track (10 and 09); JV Volleyball (08)
2010-08	Johnstown FFA - Vice President (10); Secretary (09) – Gold rating; Scholarship Award; Star Greenhand Award; Star Chapter Farmer; Agri-Science Fair - County 1 st , State Gold, Nationals Gold (09); County 1 st , State Silver (10); Parliamentary Procedure Team; Rural Soil Judging Team; Urban Soil Judging Team – County 1 st individual, State 6 th individual; competed at Nationals; Creed Speaking Contest – County 1 st ; State and National Conventions; District 7 Leadership Training Clinic.
2010, 2008	Member of Chorale (10) and Apogee (09), High School Show Choirs; Perform at concerts, Cabaret, Community functions.
2010-08	Johnstown High School Student Council - Food Drive; Organize Homecoming Dance, Spring Fling
2010-05	Hartford Fair Steer Pool; Reserve Champion(10); Outstanding Senior Exhibitor(10); 1 st place Junior Showmanship(05)
2010-03	Participated in Open Class Dairy Shows
2010-03	Church Youth Group and Choir; perform Easter dramas, conduct Youth Sunday, Christmas caroling, assist with VBS
2010-03	Performed in yearly dance competitions and recitals with Judy Dollenmayer Studio of Dance.
2008	Selected Homecoming freshman attendant
2008-05	Adams Middle School Student Council; President (07/08); Decorated school dances; Adopt-A-Family
2007	Inducted into the Junior National Honor Society; Member of Who's Who Among Outstanding Students in America.
2007-06	Played on 7 th and 8 th grade volleyball team; Team Captain; track
2007-06	Participated in Adams Middle School show choir, Jazzy Johnnies; District Honors Choir (08); Solo/Ensemble Contest
2007-03	Church Kid's Club – Christmas caroling; Served dinners to Sr. Living Center residents.

DO NOT ADD ADDITIONAL PAGES



2010 Best of Show
Dress-Up Outfit
Formal Wear



2009 Best of Show
Clothes for High School
and College



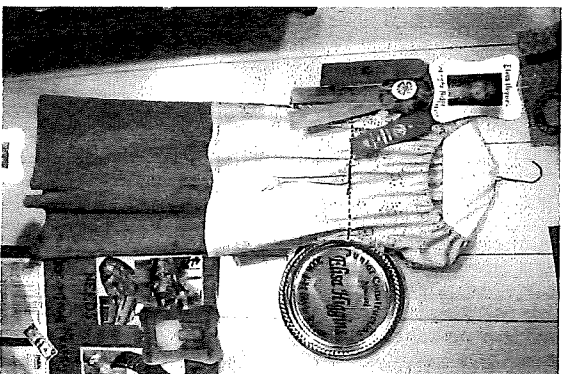
2008 Sportswear for Spectators
County Honorable Mention



2007 Lounging Apparel
Selected for State Fair



2005 Joyful
Jumper Selected
for State Fair



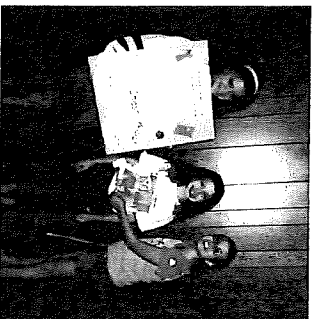
2006 Clothing for
Middle School
County Jr. Construction
Award winner



2010 Food and Fashion Board Community Service
Blankets for Women's Shelter



2010 Hartford Junior Fair Board



2004 Demonstration
"Measuring Up"



2010 Demonstration
"Preparing for Clothing Project"



2007 Demonstration and Community Service
Making Dog Toys