

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.
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2012	Woodworking	Made a bookshelf for my room; worked 57 hrs, \$72; saved \$100; learned to use a sander.
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SHOOTING SPORTS

- 2014 **Muzzleloader:** I learned safe & responsible muzzleloader shooting; how to develop a muzzleloader "load" for hunting; developed a poster on muzzle loading locks, safety, and my project experiment (determining the most accurate load for deer hunting – comparing black powder, Pyrodex, Pyrodex pellets, sabot, conical, and lead round balls). As part of my project, I shot approx. 150 shots (spent approx. \$150 on supplies) and participated in the following shooting sports activities:
1. Nat'l. Muzzle Loading Rifle Assoc. fall & spring nat'l. matches in Indiana (woodswalk, archery)
 2. Centerburg Youth Shooting Sports trap club (SCTP-Scholastic Clay Target Program) and competed in four local and state trap shooting competitions (approx. 2500 rounds total; approx. \$400 expense).
 3. The National Archery in the Schools Program (NASP) and the state NASP tournament.
 4. Attended the National Rifle Association Annual Convention in Indianapolis, IN and participated in the youth programming at the convention.
- Shooting Sports Group Project:** shooting sports sampler for archery, rifle, and living history
- 2013 **Hunting/Wildlife:** While taking the hunting/wildlife project I learned about safe & responsible hunting; I also developed a poster on hunting safety and patterned my shotgun for waterfowl hunting. As part of my project I went deer hunting, wild turkey hunting, waterfowl hunting, and squirrel hunting. As part of my hunting/wildlife project, I participated in the Nat'l. Muzzle Loading Rifle Assoc. fall & spring national matches in Indiana (woodswalk, archery, pistol); I also participated in a youth trap shooting club (SCTP-Scholastic Clay Target Program) & competed in four local/state trap shooting competitions. As part of my shooting sports involvement I participated in the Buckeye Jr. Rifle League (on a 4-H team, shot approx. 500 rnds.) & participated in the Nat'l. Archery in the Schools Program (NASP) & state tournament.
- Shooting Sports Group Project:** learned and assisted with the club's archery group project.
- 2012 **Shotgun:** trap shooting was my primary focus for this project; I also learned about fundamental shotgun shooting as well as safety and responsibility. I learned about chokes and selecting shells. Shot approx. 2500 rounds (approx. \$400 expense). As part of my shotgun project I participated in a local youth trap shooting club and completed in the following competitions and training:
1. Centerburg Invitational Trap Shoot; 200 rounds ammo.
 2. Jacqua's Memorial Weekend Trap Shoot; 200 rounds ammo.
 3. Buckeye Classic Trap shoot; 200 rounds ammo.
 4. Scholastic Clay Target Program (SCTP) State Shoot; 200 rounds ammo.
- As part of my project I also participated in the National Muzzle Loading Rifle Association fall & spring national matches in Indiana (woodswalk, archery, & pistol). As part of my shooting sports involvement I also participated in the Buckeye Jr. Rifle League (on a 4-H team, shot approx. 500 rounds) and the Nat'l. Archery in the Schools Program (NASP) & state NASP tournament.
- Shooting Sports Group Project:** learned "Rifles, respect, and responsibility" as a group project
- 2011 **Muzzleloader:** learned muzzleloading fundamentals; learned safe and responsible muzzleloading shooting; focused my project on different types of muzzleloaders (flintlock, percussion, rifle, musket, pistol, etc.). As part of my project, I participated in the Nat'l. Muzzle Loading Rifle Assoc. fall & spring national matches (woodswalk, archery, and pistol); I also participated in a local youth trap shooting club (SCTP-Scholastic Clay Target Program) and competed in four local/state trap shooting competitions. As part of my shooting sports involvement I also participated in the Buckeye Jr. Rifle League (on a 4-H team, shot approx. 500 rounds) & the Nat'l. Archery in the Schools Program (NASP) & state tournament.
- 2010 **Pistol:** learned fundamental pistol shooting techniques for both revolver & semi-automatic handguns; I made a display about safety & sight alignment/sight picture. As part of my project I participated in a local Bullseye League (New Albany Shooting Range) where my team won 1st Place. I also participated in the Nat'l. Muzzle Loading Rifle Assoc. fall & spring national matches in Indiana (woodswalk, archery, pistol); I also participated in a local youth trap shooting club (SCTP-Scholastic Clay Target Program) and competed in four local/state trap shooting competitions. As part of my shooting sports involvement I also participated in the Nat'l. Archery in the Schools Program (NASP) and the state NASP tournament.
- 2009 **Hunting and Wildlife** – I focused on fundamental hunting skills, safety, and responsibility; I completed the Ohio Hunter Education program. My special interest project and display focused on calling and attracting game animals for hunting. Spent approx. \$50 on license, ammo, gear.

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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.

2012 Field Trip Went with 4-H group to the Ohio Dairy Research Center; gave two talks to 4-H dairy clubs.

4-H PUBLIC SPEAKING AND DEMONSTRATION ACTIVITIES

2014 Intermediate Individual Illustrated Talk – “History of Beekeeping”; Licking Co. & Ohio St. Fair Contests
2012 Jr. Individual Illustrated Talk – “The Wild Turkey”; Presented at the Licking Co. Public Speaking Contest and the Ohio State Fair 4-H Communications Day
2011 Intermediate Team Illustrated Talk – “The Beaver: America’s Amazing Rodent”; Presented at the Licking Co. Speaking Contest and the Ohio State Fair 4-H Communications Day
2010 Junior Team Illustrated Talk – “Big Foot: America’s Greatest Mystery”; Presented at the Licking County Public Speaking Contest and the Ohio State Fair 4-H Communications Day
2009 Sr. Team Illustrated Talk – “Rabies”; Presented at the Licking County Public Speaking Contest and at the Ohio State Fair 4-H Communications Day

4-H CAMP PARTICIPATION

2014 Ohio 4H Shooting Ed. Camp – took Shotgun 5; learned advanced shotgun shooting skills
2013 HOLR (Holiday Outdoor Leadership Retreat) in the Hollow – learned leadership skills
2013 Ohio 4H Shooting Ed. Camp - learned shotgun trap, skeet, & sporting clay shooting in Shotgun 3
2012 Ohio 4H Shooting Ed. Camp - learned basic shotgun trap shooting in Shotgun 5
2012 Ohio 4H Jr. Shooting Ed. Camp – learned basic shotgun skills
2011 Ohio 4H Shooting Ed. Camp – took shotgun 2; learned leading, movement, stance
2011 Ohio 4H Jr. Shooting Education Camp - learned pistol safety and fundamentals
2010 Ohio 4H Shooting Ed. Camp – took pistol 2; learned advanced pistol shooting techniques
2010 Ohio 4H Jr. Shooting Ed. Camp - learned shotgun basics including stance, swing, angles, etc.
2009 Ohio 4H Shooting Ed. Camp – took rifle 1; learned bench prone, standing, kneeling positions
2009 Ohio 4H Jr. Shooting Ed. Camp – learned basic archery safety and fundamentals
2009 Farm Safety Day Camp - learned about safety around farms and agricultural equipment
2008 Ohio 4H Jr. Shooting Ed. Camp – learned rifle shooting fundamentals
2007 Farm Safety Day Camp – learned about safety around farms and agriculture
2005-2008 Cloverbud Day Camp - a fun day camp with crafts, educational activities, snacks, and games

4-H CLUB PRESENTATIONS PRESENTED TO AMERICAN TRADITIONS 4-H CLUB

2013 - Shotgun Shells – Steel vs. Lead	2010 – Pistol Cleaning
2012 – Wild Turkeys	2009 – Calling Wildlife
2011 – Muzzleloader Locks and Actions	

4-H PROJECT RELATED TRAINING

2012 Junior Shooting Sports Leader Training - took Junior Leader Training for Muzzleloader
2011 Participated in *Robo Day II* at Nationwide 4-H Center
2010 4-H Officer Training
2009-14 Licking County Livestock Quality Assurance Training (Poultry)

4-H CLUB FIELD TRIPS

2012 Toured Mott's Military Museum, Groveport, OH
2011 Toured Aim Hi Shooting Range, New Albany, OH

4-H RELATED CONTESTS

2012 Ohio 4-H Avian Bowl Contest (member of Licking Co. Avian Bowl Team)
2009-14 Shawnee Run (Shooting Education Camp)
2009-14 Triathlon (Shooting Education Camp)

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

<u>Year</u>	<u>Honor</u>	<u>For what accomplishment</u>
2012	1st Place Trophy	State Fair Model Rocketry Evaluation
2014	1st Place Clock Trophy	Ohio State Fair <i>Muzzleloader</i> Jr. Project
	Outstanding of the Day	Ohio State Fair <i>Beekeeping</i> Jr. Project
	Outstanding of the Day	<i>Reptile and Amphibian</i> Self Determined Project
	1st Place 13 yr. old	Ohio State Fair Jr. Livestock; Poultry Skillathon
	1st Place 13 yr. old	Ohio State Fair Jr. Livestock; Poultry Project Book/Record Book
	2nd Place	Ohio State Fair 13 yr. old Poultry Showmanship
	1st Place	Hartford Fair Poultry Skillathon (Intermediate)
	1st Place	Hartford Fair Poultry Showmanship (Intermediate)
	1st Place	Hartford Fair Poultry Expert Showmanship
2013	Clock Trophy	Ohio State Fair <i>"Exploring Ohio Ponds"</i> Project Evaluation
	Clock Trophy	Ohio State Fair <i>"Pocket Pet"</i> (Rats) Project Evaluation
	2nd Place	Ohio State Fair Jr. Poultry 12 yr. old Showmanship
	2nd Place	Ohio State Fair Jr. Poultry 12 yr. old Skillathon
	3rd Place	Hartford Fair Poultry Intermediate Showmanship
2012	Clock Trophy Winner	Ohio State Fair <i>"Shotgun"</i> (Jr.) Project Evaluation
	1st Place	Ohio State Fair Jr. Poultry 11 yr. old Showmanship
	Outstanding of the Day	Ohio State Fair <i>Exploring Ohio Forests</i> Project Evaluation
	1st Place County	Illustrated Talk w/PowerPoint – <i>"Wild Turkeys"</i>
	2nd Place	Hartford Fair Jr. Fair Poultry Showmanship – Intermediate
2011	Clock Trophy Winner	Ohio State Fair <i>"Muzzleloader"</i> (Jr.) Project Evaluation
	Clock Trophy Winner	Illustrated Talk Team (Intermediate) <i>Beavers: America's Amazing Rodent</i>
	Clock Trophy Winner	Ohio State Fair <i>"Exploring the Outdoors"</i> Project Evaluation
	1st Place 11 yr. old	Ohio State Fair Jr. Poultry 11 yr. old Showmanship
	1st Place	Hartford Fair Jr. Fair Poultry Showmanship – Junior
2010	Clock Trophy Winner	Ohio State Fair Pistol (Jr.) Project Evaluation
	Clock Trophy Winner	Illustrated Talk Team (Jr.) <i>Bigfoot: America's Greatest Mystery</i>
	Selected for State Fair	<i>Beginning Fishing</i> Project Evaluation
	1st Place 9 yr. old	Ohio State Fair Jr. Poultry Skillathon
	2nd Place 9 yr. old	Ohio State Fair 9 yr. old Poultry Showmanship
	2nd Place	Ohio State Fair Jr. Livestock Bantam Duck (Call Duck) Hen
2009	Outstanding of the Day	Ohio State Fair Jr. Illustrated Team Talk – <i>Rabies</i>
	Outstanding of the Day	Ohio State Fair <i>Hunting and Wildlife</i> Project Evaluation

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

<u>Year</u>	<u>Name of Activity</u>	<u>What I did, accomplished, or learned</u>
2012	"Adopt-a-Road"	Picked up trash two times along a 2 mile stretch of road.
2014	Helped raise money to send a veteran on Honor Flight to Washington, DC	
	Volunteered for Licking Co. Recycling Dept. – <i>River Round Up</i> , staffing displays at various events	
2013	Participated in Honor Flight (Columbus) and helped raise money to send a veteran to Washington, DC	
2013	Conducted two NRA <i>Eddie Eagle GunSafe</i> programs for children at the Hartford Fair on August 9	
2012	Assisted visitors at the 4H Shooting Sports archery range at the Farm Science Review, London, Ohio	
2012	Participated in Honor Flight (Columbus) and helped raise money to send a veteran to Washington, DC	
2012	Conducted an <i>Eddie Eagle GunSafe</i> program for approx. 25 children at the Hartford Fair on August 10	
2011	Assisted visitors at the 4-H Shooting Sports archery range at the Farm Science Review in London, OH	
2011	Built and donated an additional all-weather shooting bench to Canter's Cave 4-H Camp	
2011	Helped present an <i>Eddie Eagle GunSafe</i> program for approx. 20 children at 4-H Camp Ohio	
2010	Helped organize 4-H club food drive to collect items for local food pantry; 112 items collected	
2009	Built and donated a shooting bench to Canter's Cave 4-H Camp for use by campers/visitors	
2009	Assisted visitors at the 4H Shooting Sports air rifle range at the Farm Science Review in London, Ohio	
2008	Helped erect 20 bluebird boxes at 4-H Camp Ohio (Classic Clovers)	

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

Year What I did, organized, taught or accomplished

2012 Taught 10 members how to properly construct a birdhouse at our club meeting.

JUNIOR LEADER/CAMP LEADERSHIP/COUNSELOR

- 2014 **Camp Counselor Training** – Camp Ohio; learned camp counseling techniques & skills
 Junior Leader/Counselor – Ohio Jr. 4H Shooting Ed. Camp; assisted with shotgun program
- 2013 **Junior Leader/Counselor**-Ohio Junior 4-H Shooting Ed. Camp; assisted instructors with shotgun shooting training/coaching; assisted with various other activities

TELEVISION APPEARANCES AND ARTICLES/PUBLICATIONS

- 2014 **Essay** – submitted 4-H beekeeping essay on "*Beekeeping in Colonial America*"; received 1st place Ohio essay; submitted to national contest
- 2013 **Television Interview** – interviewed on Channel 10 (Columbus) Sunday morning program about 4-H poultry projects & call ducks as well as showing poultry at the Ohio State Fair
- 2008 **Television Spot** - participated in a spot on Chan. 28 about historic games/activities at the Hartford Fair

4-H PROMOTIONAL ACTIVITIES

- 2013 **Farm Science Review**- represented and promoted the Ohio 4-H Shooting Sports Program by volunteering. Helped instruct archery at the 4-H Shooting Sports Archery Range
- 2012 **Farm Science Review** – represented and promoted the Ohio 4-H Shooting Sports Program by volunteering and greeting visitors and helped instruct at the 4-H Shooting Sports Archery Range
 Display – My 4-H shooting sports display was used to promote the shooting sports at the Centerburg Conservation Club's NRA *Women on Target* event in October
- 2011 **Farm Science Review** – represented and promoted the Ohio 4-H Shooting Sports Program by volunteering and greeting visitors and helped instruct at the 4-H Shooting Sports Archery Range
 Display – My 4-H shooting sports display was used to promote the shooting sports at the Centerburg Conservation Club *Women on Target* event in October
- 2009 **Farm Science Review** - represented and promoted the Ohio 4-H Shooting Sports program at the 2009 Farm Science Review by assisting approximately 75 visitors with air rifle safety and shooting

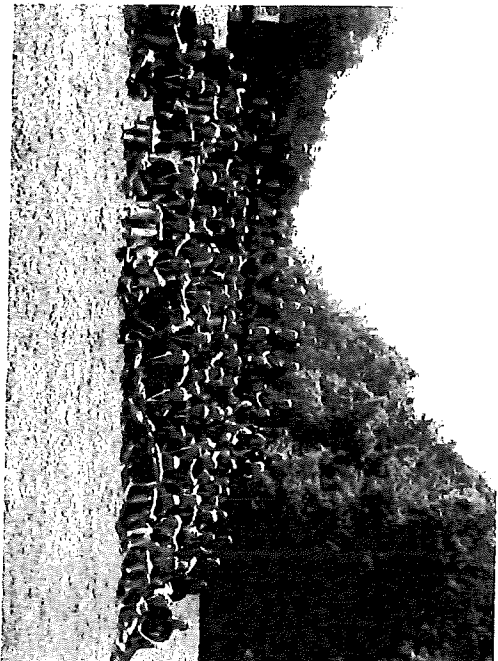
F. 4-H LEADERSHIP: OFFICE/COMMITTEE (10 points):

Year	Office/Committee (elected/appointed)	What I did and/or learned
2012	<i>Treasurer, Splashers 4-H Club</i>	<i>Kept list of dues, wrote checks and gave reports.</i>
2014	Treasurer – American Traditions; kept financial records and reported to club	
2013	News Reporter -- American Traditions;	
2012	Treasurer – American Traditions; kept financial records and reported to the	
2011	News Reporter – American Traditions; wrote and submitted 4-H related articles to local paper	
2010	Environmental Officer – reported to the club about environmental issues	
2009	Health and Safety Officer – read reports to the club about health and safety issues	

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

Year	List your most meaningful participation in school, church and community organizations.
2012	<i>Directed Senior Class Play including a cast of 30 members.</i>
2014	Member of the local First Lego League (FLL) robotics team and RoboFest robotics team Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments Participated in Licking County <i>River Round-up</i>
2013	Member of the local First Lego League (FLL) robotics team Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
2012	Community Emergency Response Team (CERT) – completed 20 hours of training and became a Licking County Teen CERT Volunteer.
2012	Member of the local First Lego League (FLL) robotics team NRA Women on Target Instructional Shooting Clinic – assisted with shotgun station as well as event set up & clean up at instructional shooting clinic for women
2012	Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
2011	NRA <i>Woman On Target</i> Instructional Shooting Clinic – assisted with shotgun station as well as event set up & clean-up at instructional shooting clinic for women
2011	First Lego League (FLL) RoboticsTeam Member- activities included programming, research, problem solving, working with others, research presentations, & construction of an autonomous robot and attachments
2011	Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
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2008-2013	Ohio Historical Society Volunteer – portray an 1890's youth playing and teaching historic games, child laborer at a factory, apprentice at the print shop, clerk at toy store, etc.; talked to 100-800 children & adults per day, during 44 programs totaling approx. 150 hours
2008	Ohio Statehouse Open House – volunteered as a historical re-enactor to promote Ohio travel and tourism as part of a promotional event on the lawn of the Ohio Statehouse
2008	Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
2007	Helped teach a living history program about the Amer. Revolution to approx. 12 8 th graders at Granville Christian Academy
2007	Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
2006-2009	George Rogers Clark Heritage Association Volunteer – volunteered in several capacities, including newsletter mailing and historical re-enacting
2006	Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
2005	Participated in Brigade of the American Revolution (BAR) Revolutionary War re-enactments
2004	Brigade of the American Revolution (BAR) Volunteer: participated in 25+ Revolutionary War public re-enactments throughout Ohio and nearby states. I portray a camp follower of the 1770's and talk to the public about camp followers, culture of the 1700's, etc.
2005-Present	Boy Scouts of America – participated in Cub Scouts and Boy Scout program as a Lone Scout. Working on requirements to eventually achieve Eagle Scout

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Ohio Jr. 4-H Shooting Education Camp, 2014



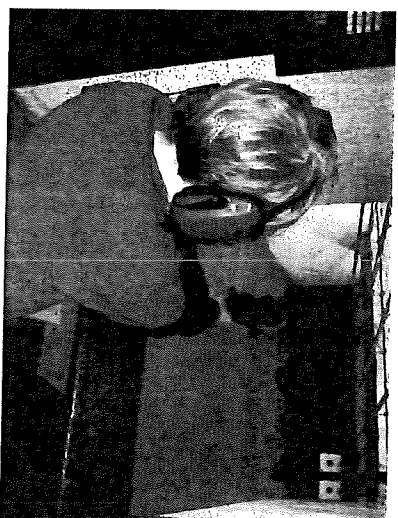
Shotgun Project, 2012



Hunting/Wildlife Project – Turkey Hunting 2013



Hunting/Wildlife Project Waterfowl
Hunting (Seth on Left), 2013



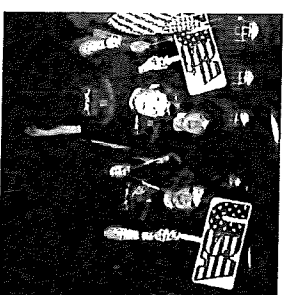
Pistol Project, 2010



Muzzle Loading Project, 2014



← NRA
Eddie Eagle
at Hartford
Fair 2012
Honor Flight
2012 →



Muzzle Loading ; Cap and Ball Revolver 2011



Seth Abel, American Traditions 4-H Club, Licking County – Shooting Sports Projects