

SECTION 1: Personal Data

County You Participate In 4-H: Rockingham

Program Year: 2016

4-H Project Record Category in which you are entering: Citizenship

Competition Category: 13 thru 15 years old 16 thru 18 years old

(age as of Jan. 1 for the project reporting year)

Number of years in the above program area: 11 Years in 4-H: 11

Name: _____ Male Female
(first) (middle) (last)

Name you want used in publicity: _____
(please print)

Home Mailing Address: _____

City: _____ State: NC Zip Code: _____

Primary Telephone Number (include area code): _____

Date and Year of Birth: _____ Age as of January 1: 16
(age as of Jan. 1 for the project reporting year)

Names of parents or guardians: _____

Name of your 4-H club or group: Independent 4-H'ers Primary email address: _____

Name of School: _____ Grade in School: Junior 11th

Prior 4-H Project Record Gold awards won in this category Gold Year: _____
for this age group:

STATEMENT BY 4-H MEMBER

I give North Carolina 4-H permission to use my record as a sample, after identifying information has been removed, and allow North Carolina 4-H to use my Digital Media if any is provided to use for 4-H Marketing opportunities. I also understand that North Carolina 4-H will contact me before any of my information is shared.

I have personally prepared this report and certify that it accurately reflects my work:

Date: 12/26, 20 16 Signature of 4-H Member: _____

APPROVAL OF THIS REPORT

We have reviewed this report and believe it to be correct:

Date: 12/31, 20 16 Signed: _____
(Parent or guardian)

Date: 1/5, 20 17 Signed: Morgan Maness
(Local 4-H Leader)

Date: 1/5, 20 17 Signed: Morgan Maness
(County Extension Agent)



4-H & YOU!

Answer questions on separate paper if needed. Please retype the questions

Looking back over the past year in 4-H:

1. Discuss your favorite thing about 4-H. It does not have to relate to the project reported in Section 3.

One of my favorite things about 4-H is all the interesting things I get to learn. North Carolina 4-H has allowed me to explore the electric program, nutrition and healthy lifestyle, citizenship, leadership, and I have learned how to sew, knit, quilt, and do many more cool things. There are so many opportunities in 4-H and I am glad I get to explore them all.

2. Who is your role model in 4-H? Why?

My 4-H role model is my County's 4-H agent Morgan Maness. She was a 4-Her who grew up and became a 4-H agent. She has committed herself to helping youth and her community. Miss Morgan is kind to everyone she meets and adores animals, especially horses. She has always helped support, guide, and encourage me throughout my years in 4-H. She is a big part of the reason I am the 4-Her and I continue to look up to her every day.

3. Discuss the most important thing you have learned during the past year in 4-H.

The most important thing I learned this year in 4-H was how to be a district officer. The process of running, training, and leading as a district officer were all very new concepts to me. My public speaking, organization, and team-work skills all improved drastically this year.

Looking to the future:

4. If you were in charge of 4-H, how would you make it better? In your:

County: I believe it would be neat if we had more countywide community service projects. It used to be during the summer the youth council would get all the youth in the county together and do a community service project. I think that would be really cool to bring back.

District: I would have more days when the whole district could gather together. Sometimes you must go a few months before there is a 4-H event that you can see your friends at.

State: I would add more statewide project area days. Currently we have livestock, horse, electric, and few other project area days. I think it would be cool if there was say a statewide nutrition fair. County winners could go to district and then district winners could go to state. Just more days when everyone could get together and enjoy common interests.



SECTION 2

My 4-H Story

(Place your 4-H Story behind this page)

Your story is limited to no more than four (4) pages typed or handwritten. Your story should include all of your 4-H projects for this year.

Suggestion of things to include in your story:

Introduce yourself and include any information you choose to share about your interests, family, hobbies etc. Think about this as what would you say if you were given two minutes to introduce yourself.

Describe the impact 4-H has had on your life.

How has participating in the project you are completing in this Project Record impacted your personal growth?

Who has helped you in your 4-H journey?

How has your 4-H participation helped others?

What are your goals in life?

Summarize your experiences in 4-H.

My name is _____ and I am 16 years old. I have been a 4-Her in Rockingham County for 12 years. I am the current Rockingham County Youth Council President and the North Central District Reporter. I am a Junior at the North Carolina School of Science and Mathematics in Durham, North Carolina. NCSSM is a public boarding school for high achieving high school students across North Carolina. I love going to school at NCSSM. I am learning so many cool things and I am looking forward to bringing back some projects I have done at NCSSM to Rockingham County, especially some of the chemistry projects. I grew up in Ruffin, North Carolina with my Mom, Dad, and two sisters, _____. I enjoy theatre, singing in choruses, reading, knitting, playing soccer, tennis, and swimming.

4-H has had a major impact on my life since before I was even old enough to be a 4-Her. I have grown up in the program learning all about leadership, public speaking, community service, and lots of different activities. 4-H has given me many great friendships and life values.

This year in the project area of Family and Consumer Science I have enjoyed cooking, sewing, knitting, and making crafts. I made a prayer Shawl, and mended pants for my parents. I taught a blueberry jam making class and a cooking and food safety class to youth in Rockingham County. I won second place in the state dairy poster contest for my poster. I knitted and donated a scarf to the nursing home. I learned how to use new food technology such as tasty cakes mug cake and a smore making machine. I also learned how to paint with coffee and defrost a refrigerator. I attended an etiquette class and learned a lot about table manners in a formal setting. I also volunteered for this year's Make-It and Take-It workshop.

This year in the project area of Citizenship I have explored many parts of our government, done many community service projects, and held office on the district, county, and local level. I met with school board members to discuss future improvements for the education in Rockingham County. I also met with Senator Phil Burger and Representatives Kyle Hall and Bert Jones and received a tour of the State Legislature Building. I attended Citizenship focus this year and learned about the responsibility of voting and the pressured County Commissioners are faced with. I ran and now hold the offices of Rockingham County Youth Council President and North Central District Reporter. I also carried our counties flag proudly during the flag ceremony at this year's NC Congress.

This year in the Science Project Area I have explored predation rates on fish and learned a lot about chemistry, lab safety, and the process of research. I ran an experiment of the predation rate of *Gambusia Holbrooki* on *Daphnia Magna*. During this experiment, I learned a lot about reading primary documents, forming hypothesizes, creating an experimental design, collecting data, gathering results, and presenting results. In lab safety, I learned about wearing eye and hand protection, pants, and closed toe shoes, disposing of waste, using and taking care of equipment such as a Bunsen burner and microscope, and lab etiquette. This year I learned many cool chemistry experiments such as making chalk and silver ornaments. I many basic tests such as the oxygen test in which you can test for the presence of oxygen in a closed crucible. I also learned about concentrations and heat as a source of energy in an experiment where I got to blow up a gummy bear.

Many people have helped me during my time in 4-H. My parents have helped me of course. I never could have accomplished half of the things I have without them. My 4-H agent, Morgan Maness, has taught me to do many new things and always pushes me to do and learn more. My sisters, _____, have helped me with so many of my 4-H projects. From teaching

me to knit a Shawl to teaching a workshop of shiitake mushroom log inoculation, they have always been there to support me. These are just a few of the people who have helped me throughout my 4-H journey. I never could have accomplished some of the things I have without their constant encouragement.

I have taught a cooking class for the youth in Rockingham County, in which they all learned basic food preparation safety, nutritional values, and had a lot of fun eating food they made themselves. I planned, organized, and ran a guide to creating and running your own service project workshop at State Council Conference this year. My sister, _____ and I taught a Shiitaki mushroom log inoculation class at teen retreat in which youth in the district got to inoculate a mushroom log and learn the use and value of shiitake mushrooms. I taught the workshop "What Color are You" to the Rockingham County Youth Council after having learned it at Youth Voice. The workshop teaches each person what color personality they have, their strengths and weaknesses, how you interact with other colors, and helps the individual gain awareness about themselves and their abilities to work as a team member. I volunteered this year for Rockingham Counties "Make It and Take It" Holiday Craft Day. Youth got to make peanut butter and jelly reindeer, Christmas cookies, reindeer stable, and many other cool holiday crafts. I taught *Rockin' Roost* 4-H Club to make blueberry jam. They learned the process from taking the first berry off the bush to spreading the finished jam on a biscuit.

One of my goals in life is to become a successful dentist. I decided to become a dentist when I was six years old. I was inspired by my childhood dentist. He was kind, funny, and wanted to help everyone he could. My goal is to be just like him. In order to reach that goal, I have the goals to get into a good college majoring in Chemistry and then get accepted into dental school, graduate, and get a job as a dentist.

In 4-H I have enjoyed cooking, sewing, knitting, electric projects, meeting new people, helping youth, making posters, and becoming a county and district officer. I have taught sewing and craft, jam making, community service, team-building, cooking, nutrition, and shiitaki mushroom inoculation workshops. I have attended or volunteered at Make It and Take It, Teen Retreat, Winterfest, Electric Congress, North Carolina 4-H Congress, State Council Conference, Citizenship Focus, Summer Adventures, and various club functions.



SECTION 3

4-H Project Focus

(Citizenship)

We "learn by doing" in 4-H. List the specific things you learned and did in this project area during the past year. List knowledge and skills gained as well as the things you learned how to do. Use numbers to show how much you did and learned. Please list the most important presentations, talks, exhibits, radio, TV, newspaper articles, tours, camps, judging events, workshops, and any other learning experiences in which you have participated related to your project. Please list the work you have done this year. You should include work from January - December.

Provide a bullet statement, list, and/or chart. For example, provide numbers of animals raised. If possible, show money earned, savings realized, and profits and losses when appropriate. Also give totals where possible.

Activity

4-H Youth Summit during County Commissioners Assoc. meeting

Knowledge Skills Gained

To demonstrate responsible decision making

Attended Citizenship Focus	How to view things through other people's perspectives
Toured the State Legislative Building	I learned the purpose behind the golden doors
Met with Senator Phil Burger and Representatives Kyle Hall and Bert Jones	I learned their views on some of the most recent bills that were passed and their plans for the future
Attended Workshop simulation about the role of being a county commissioner	It is a very difficult job
Attended Workshop on the right of voting	You should vote for those who wish they could
Ran for County Youth Council President	To list all my attributes and not be embarrassed
Held the Office of County Youth Council President	To organize workshops and volunteers
Learned Parliamentary Procedure	How to pass ideas
Ran for North Central District Reporter	How to organize a campaign skit
Held the Office of North Central District Reporter	How to write a district report
State Council Conference Planning Meeting	Compromise is a must to any good team
District Planning Meetings	How hard it is to get everyone from across the district together
Flag Bearer at NC Congress	How to properly hold a flag

Volunteered for School Board Member Neil Rose	Her job can be hard but rewarding
Discussed school improvements with school board	That they do see what is going on in the school and would also love to live in a perfect world
Ran for Film Club Historian	Show passion and people will see and appreciate it
Held Office as Rockingham County High School Film Club Historian	How to make uncluttered flyers with all the information on it.
Ran for History Club Secretary	How to write a campaign speech
Held Office as Rockingham County High School History Club Secretary	How to properly take minutes and collect dues
Ran for NCSSM's Bound to Be Doctors Secretary	Even if you don't succeed try, try again.
Ran for Sophomore Class Vice President	How to make posters with catchy sayings on them
Held office as Rockingham County High School Sophomore Class Vice President	The School does not have the funding to do everyone we would like to do or have

Savings, Profits, Losses

If applicable, please list your savings, profits, and losses when appropriate in this section.

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: _____

SECTION 4

Leadership

List all leadership activities in which you have participated. Be specific - list the number of people you taught and the name of the lesson. Leadership involves holding offices and serving on committees. It can also involve teaching workshops, volunteering at 4-H day camps, leading/facilitating club programs, organizing events and meetings, recruiting new members, serving as a 4-H Ambassador, and motivating peers to set a goal and take action. List ways you have been a leader and/or have learned about leadership.

Please denote 4-H Leadership activities with an asterisk. If you are listing non 4-H Leadership activities, please list only those for which 4-H has helped you prepare.

Responsibility

*4-H Club presentation (taught workshop)

*4-H County Council Meeting (taught workshop)

Accomplishment

15 club members learned basic parliamentary procedure

28 club members learned how to make a healthy snack

Level

Local

County

4-H County Council Meeting March (Lead Meeting)	20 people gathered and discussed Rockingham County business	County
4-H County Council Meeting (Taught Workshop)	20 people learned team-building and intrapersonal skills	County
Rockingham County Youth Council President (Held Office)	Youth Council Meetings average 20 people	County
Blueberry Jam Making Class (Taught)	13 members and volunteers of the <i>Rockin' Roost</i> 4-H Club learned to make blueberry jam	Local
Inoculation of Shiitake Mushrooms (Taught)	20 youth learned how to inoculate shiitake mushroom logs and information about the use of shiitake mushrooms	District
North Central District Reporter (Held Office)	Teen Retreat averages 150 people	District
Hands For Service; to Give is to Receive (Taught)	35 youth and volunteers learned how to organize, plan, and implement a community service while also completing a community service project making dog toys out of old t-shirts.	State
Rockingham County High School Classic Film Club Historian (Held Office)	100 members learn about classic films	Local
Rockingham County High School History Club Secretary (Held Office)	35 members learn about world history and discuss current events.	Local
Rockingham County High School Sophomore Class Vice President (Held Office)	The Sophomore class consists of 250 students	Local
Make-It and Take-It (Volunteered)	Participants learn how to make holiday treats and crafts	County
*Rockingham County Representative at NC Congress (Held Position)	500 people attended	State
*Production Line Leader at NC Congress (Volunteered)	500 participants split up into production lines of ten with one leader each to make food packages for those in need	State

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Program Year: _____

SECTION 5

Citizenship

As teenagers, it is important to participate and be involved in the political process and make a civic contribution in our communities. Citizenship activities might include: attending a town meeting where you were representing 4-H; sending a message to your state legislator about 4-H teen issues that have been identified on the state 4-H program level; promoting 4-H and Cooperative Extension to county commissioners or other government representatives; etc.

Please denote 4-H Citizenship activities with an asterisk. If you are listing non 4-H Citizenship activities, please list only those for which 4-H has helped you prepare.

Description of Activity

Example: *Attended the 4-H Youth Summit.

Example: *Attended my local County Commissioners meeting

Level

S

C

*Attended Citizenship Focus	S
*Toured the State Legislative Building	S
*Met with Senator Phil Burger and Representatives Kyle Hall and Bert Jones	S
*Attended Workshop simulation about the role of being a county commissioner	S
*Attended Workshop on the right of voting	S
*Ran for County Youth Council President	C
*Held the Office of County Youth Council President	C
*Learned Parliamentary Procedure	C,D
*Ran for North Central District Reporter	D
*Held the Office of North Central District Reporter	D
*State Council Conference Planning Meeting	S
*District Planning Meetings	D
*Flag Bearer at NC Congress	S
*Volunteered for School Board Member Neil Rose	L
*Discussed school improvements with school board	L

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: _____

SECTION 6

Community Service

List the community service activities you have participated in as a 4-H'er. Community service involves contributing to the quality of life in your community. Like many 4-H'ers, you may have participated in community service activities for your club or by yourself. Examples may include: volunteering at your local animal shelter, participating in a food drive, holding a fundraiser for your 4-H club, etc. List the number of hours you volunteered and who benefited from your volunteer service.

Please denote 4-H Community Service activities with an asterisk. If you are listing non 4-H Community Service activities, please list only those for which 4-H has helped you prepare.

Description of Activity

Level

Hours

Example: *Donated 6 canned goods for Food for Families Food Drive

L

5

Example: *Writing Letters to Soldiers

S, N

3

*Volunteered at Soup Kitchen in Durham, North Carolina	L	5
*Donated 6 canned goods for Rockingham County Food Drive	C	1
*Megan's Human Heaters: Made Scarves and Hats out of old t-shirts for homeless	D	2
*Made Dog Toys for animal shelters out of old t-shirts	D	2
*Made Dog Toys for animal shelters out of donated old t-shirt	S	6
*Clothing Drive for victims of Hurricane Matthew	L	1
*Packed food bags for those in need at NC Congress (Production Line Leader)	S	3
*Collected Fans for those without air conditioning during the summer with Electric Congress	S	1
Donated clothes and toys to goodwill	L	4
Donated Books to the Eden Library	L	2
Collected Can Tops for the Ronald McDonald House	L	4
Collected Box Tops for Education	L	2
*Volunteered for Make-It and Take-It in Rockingham County	C	4
*Student Body Trash Drive	L	3
Rockingham County Middle School Band Concert Refreshment Table Volunteer	L	2

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: _____

SECTION 7

4-H Awards and Recognition

List all the awards, honors, and recognitions you have received in 4-H, including contests, trips, certificates, ribbons, etc. Remember, only 4-H winnings go on this page! Specify whether they were National, Regional, State, District, County or Club awards.

Experiences should be divided out between project specific awards that related to this Project Record area and other 4-H awards. List your Project Record project specific awards first then follow with other awards for each page.

Project Record Award

Award/Recognition

Example 1: Certificate of Participation
Example 2: Certificate Blue Ribbon

For What Received

Attendance State 4-H Marsh Maneuvers
Area commodity ambassador

Other 4-H Awards

Award/Recognition

For What Received

4-Her of the Year for Rockingham County	For outstanding participation in 4-H Project areas and community service	C
Expressive Arts Awards	2 arts projects	C

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: _____

SECTION 8

Non 4-H Experiences

List any other groups, clubs, organizations, or sports teams to which you belong, as well as other items that have had a significant impact in your life, such as camps, conferences, or a job. You may also list any awards you have won or recognition you have received outside of 4-H. Examples of activities you may have been involved in would include: school clubs, VBS, Girl Scouts, Boy Scouts, FFA, etc.

Responsibility /Accomplishments

Example: Youth Praise Team; Captain of Softball Team

Rockingham County High School History Club (Secretary)
Rockingham County High School Film Club (Historian)
Rockingham County High School FCA
Rockingham County High School HOSA Club
Rockingham County High School Sophomore Class Vice President
Tri-M Music Honors Society
Rockingham County High School Beta Club
Rockingham County Drama Club
NCSSM Deca
NCSSM Colours Choir
NCSSM Bound to Be Doctors
Stage Manger for NCSSM's You Can't Take It With You
NCSSM Knitting Club
NCSSM Book Club
Played the mother in Rockingham County High School's Tarzan
Cast as Miss Brannigan in NCSSM's Back to the 80's
Member of NCSSM Classic Choir
Auditioned for NCED Honors Choir
NCSSM Varsity Tennis Team
Youth Group with St. Pius Catholic Church

Non 4-H Awards & Recognition

Type of Award

Example: Plaque-1st place

For What Received

Community Beautification poster contest

Plaque	A-Honor Role
Certificate	Excellence in Honors Biology
Certificate	Excellence in Honors Civics and Economics
Certificate	Theatre Award
Certificate and Pin	Tri-M Music Honors Society
Certificate	All State Chorus
Certificate	NCSSM Award

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: _____

SECTION 9

4-H Photos and Supporting Materials

There is a six page limit: This can include pictures (with captions), news clippings, letters, certificates, poems, teaching tools, short stories etc. Use the front side only and please do not attach any item thicker than 1/8 of an inch. The use of clear non-glare protective sheets is **optional**.

Digital media should be no more than two minutes long. Please use YouTube to upload your videos, as this is our preferred method. Also, please note that all videos must have closed caption incorporated into it. This is a requirement. All digital media will count as one page.

(Attach pages here)

ROCKINGHAM County Star

Investing In Rockingham County's Quality of Life

Rockingham County 4-Hers Attend 2016 NC 4-H Congress



Morgan Maness, 4-H Agent, Hailey Vega, Emily Holmes, Keynon Settle, Erika Padron and Franco Neal attended NC 4-H Congress.

Five Rockingham County 4-H youth attended NC 4-H Congress in Raleigh at NCSU on July 16-19, 2016. Hundreds of youth, staff and volunteers from around the state attended the four-day conference focused on leadership and community service for youth. 4-Hers heard from a variety of speakers and were engaged in many leadership workshops. During the week, youth also elected their new state 4-H officers. The youth also had a lot of social, fun time with their new friends from other counties across NC.

This year the youth were privileged to hear Mr. Morris Glass, a Holocaust survivor speak. He told about his life and how he survived the Holocaust. During his speech he spoke about courage, strength, loss, hunger and hope. Many of the participants were fortunate to get a signed book and a picture with Mr. Glass.

During the huge community service project, youth prepared packaged meals to feed hungry kids all across North Carolina. Within about 2 hours, 4-Hers had prepared 80,000 meals.

The local youth attending were Erika Padron, Franco Neal, Emily Holmes, Keynon Settle and Hailey Vega. Rockingham County 4-H youth represented the county proudly and had a wonderful time. A special thank you goes to United Way for helping provide 4-H scholarship dollars to these youth for this special trip!

During the last night of Congress, Emily Holmes was inducted as the 2016-2017 North Central District 4-H Council Reporter. She will serve with other youth from across 20 counties to make the North Central District 4-H events a success.

A very special award was given out to one of our long time 4-H families in Rockingham County. During the 4-H Youth Development Fund Awards Luncheon, Frank and Leola Meador and their family were awarded with the North Carolina 4-H Family Legacy Award. They have been volunteers for 4-H for over 50 years and have one of the longest running 4-H clubs in NC.

For more information on Rockingham County 4-H contact the 4-H Agent, Morgan Maness at 336-342-8230 or mmaness@ncsu.edu.



Inducted as
North Central
District Reporter
at NC 4-H
Congress



North Carolina 4-14 Congress



Leadership Workshops
at NC Congress



Rockingham County
Flag Bearer at
NC Congress



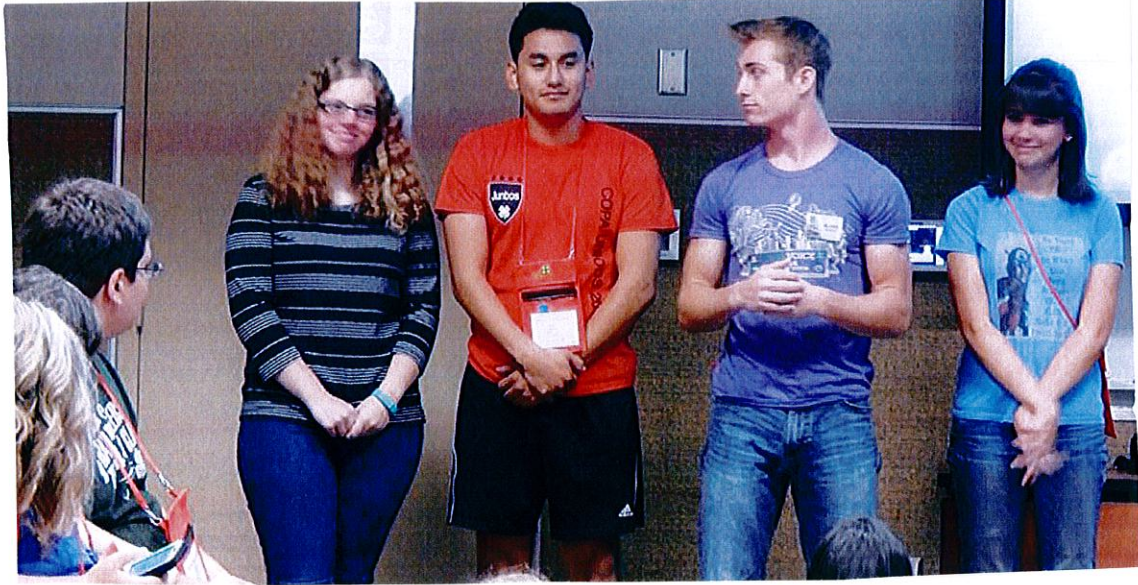
North Central
 President – Blaise Gourley
 VP – Kerry Aguilera-Pineda
 Sec/Treas. – Emma Cox
 Reporter – Emily Holmes
 Advisor – Sadie Payne

District Reporter

State 4-H Council Conference

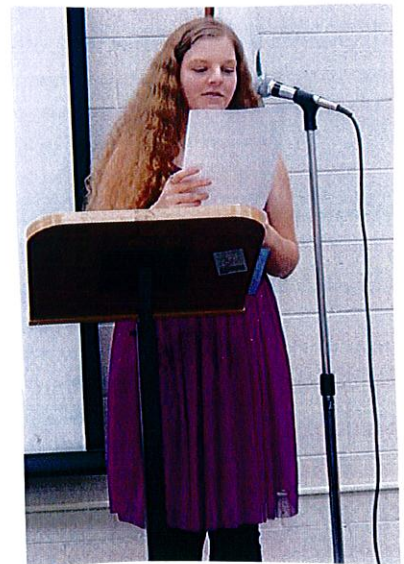


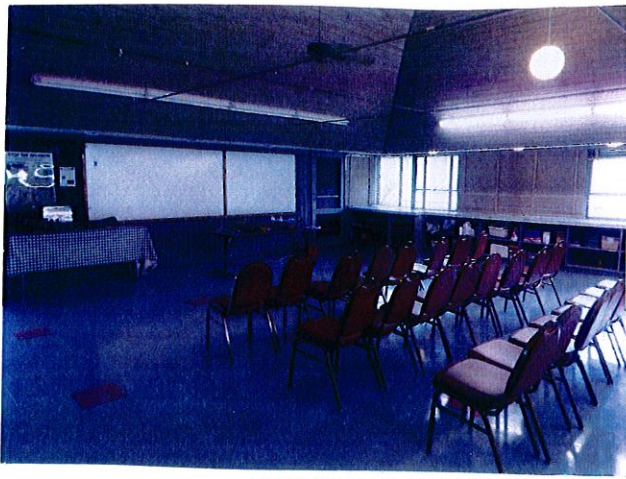
November 19-20, 2016
 Jane S. McKimmon Center



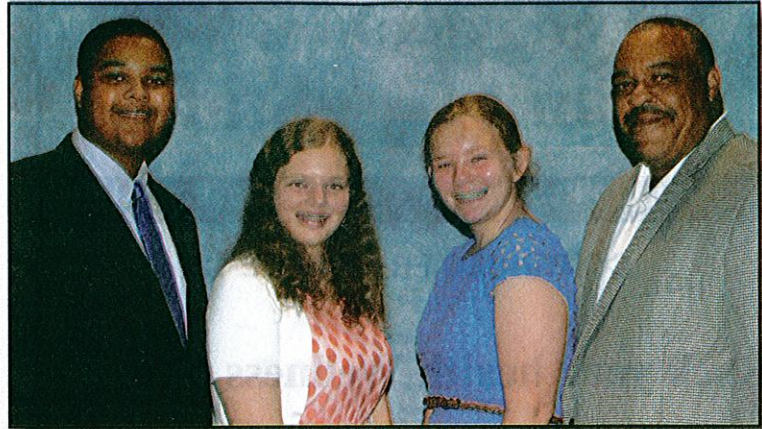
Presenting Cloverbud
 of the year award
 at Achievement Night

Rockingham County
 at Teen Retreat

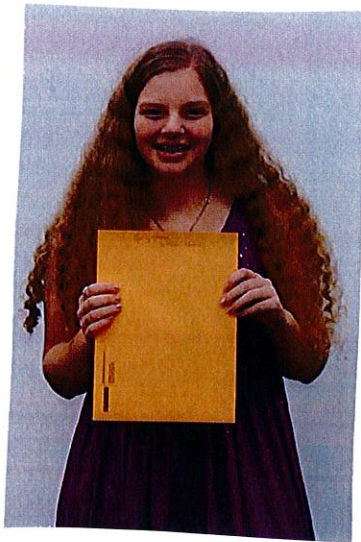




Shiitake Mushroom
Inoculation Workshop
at Teen Retreat



Franco Neal, Emily Holmes, Alice Holmes
and volunteer Fred Neal.



Cumulative
Electric
Winner

County 4-H delegation wins awards at State Electric Congress

A delegation of 4-H'ers from Rockingham County was named the top county group at the 4-H State Electric Congress July 12-14 at UNC Asheville. The delegation that went to Electric Congress is Franco Neal, Emily Holmes, Alice Holmes and 4-H volunteer Fred Neal.

The county award goes to the county that submits the top Group Cumulative Electric Book. Franco Neal accepted the award on behalf of the Rockingham delegation. The Rockingham delegation also won the county award as the top delegation in the Duke Energy Progress service area.

Several hundred 4H'ers, adult leaders and Cooperative Extension agents from multiple counties attended the threeday event. 4-H'ers win the expenses-paid trip to 4-H Electric Congress based on their 4H elec-

tric project achievements. Since 1947, Progress Energy, Duke Energy and Dominion North Carolina Power have sponsored the annual congress to emphasize energy conservation and safe electricity use.

The 4-H program is the youth education program of North Carolina Cooperative Extension, based at North Carolina State and North Carolina A&T State universities. More than 239,000 young people between the ages of 5 and 19 participate in North Carolina 4-H activities each year with the help of 21,000 adult and youth volunteers.

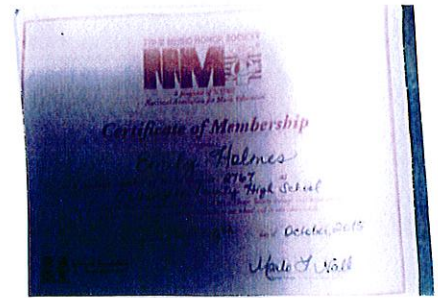
For more information about 4-H in Rockingham County contact Morgan Maness, 4-H Agent at 336-342-8230 or via email at mcmanness@ncsu.edu. Rockingham County 4-H is a proud United Way Agency.



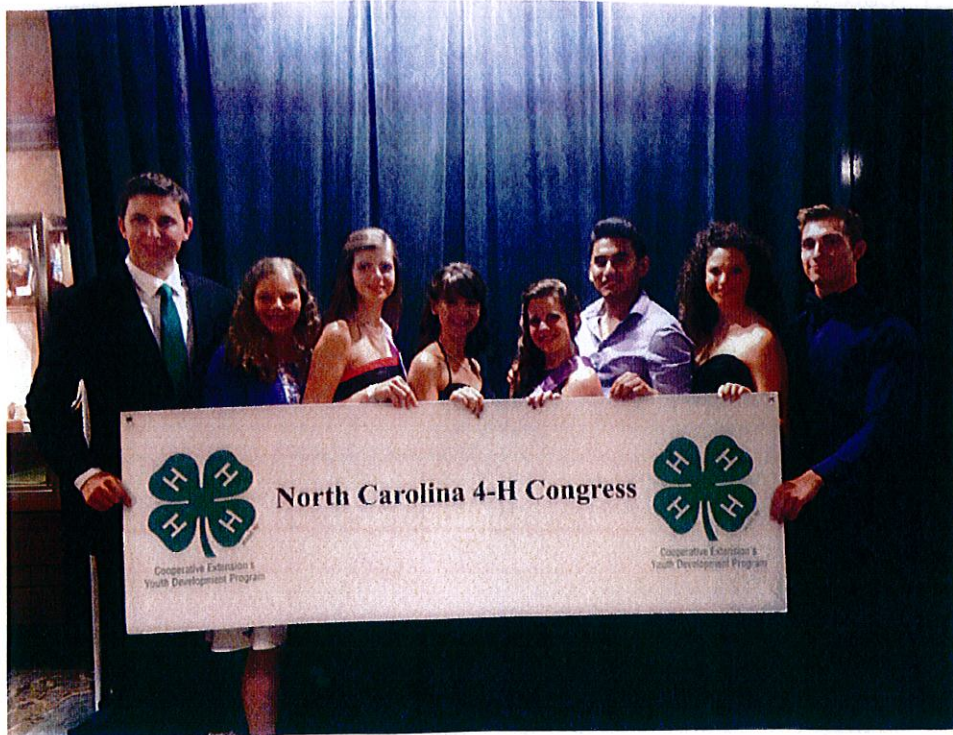
Rockingham County
4-Her of the Year



Congress Food Packaging
Service Project, Line Leader



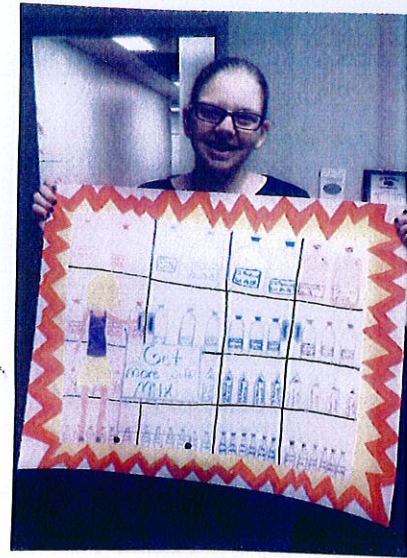
Tri-M Music
Honor Society
Induction



Inducted at
NC Congress
as North
Central District
Reporter

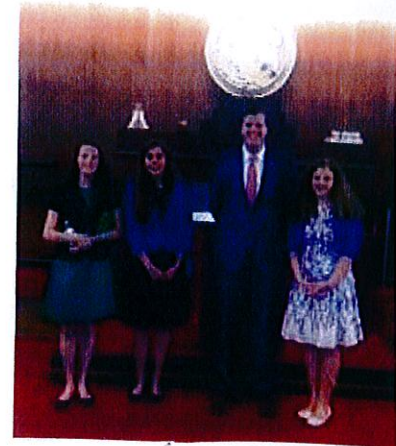


Shiitake
Mushroom
Inoculation
Workshop
at Teen Retreat

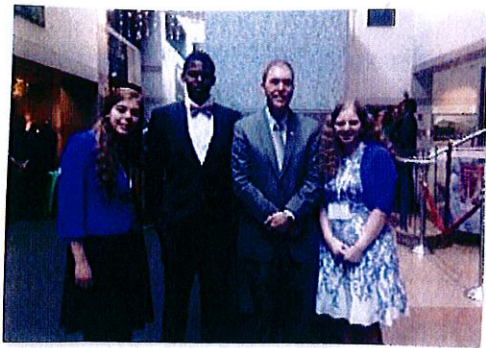


2nd Place
State Winner
Dairy Poster

Knitted
Youth Prayer
Shawl



Legislative
Building Tour
with Representative
Kyle Hall



Citizenship Focus
Breakfast with
Representative Bert
Jones



4-H Achievement Night

Food Drive



Program Year: _____

SECTION 10

4-H Goal Setting

On a separate piece of paper, please use the following guide to develop your 4-H goals for next year. Include goals for your entire 4-H year as well as goals for this specific project. There is no page limit to this section.

	ACTION	RESULTS	TIMETABLE
I want	to learn	how to eat healthier	by December.
I want	to give	a 4-H presentation at DAD	by June.
I want	to train	my do to sit and stay	before summer is over.

I want	To learn	How to quilt	Before June
I want	To learn	How to knit socks and mittens	Before it gets cold again
I want	To give	2 knitted scarves to the extension volunteer collection	Before December
I want	To give	\$150 dollars' worth of books to the Eden Library	Before December
I want	To learn	To knit a sweater	Before December
I want	To teach	The youth in Rockingham County to make silver ornaments using silver nitrate, glucose, and nail polish remover	Before December
I want	To learn	How to plan Teen Retreat	Before March
I want	To learn	How to plan District Activity Day	Before June
I want	To teach	The new District officers	Before July

For More Information

Visit our website: www.nc4h.org

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Cooperative Extension's
Youth Development Program

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