

Sample of Jr Record Book #1

CONNECTICUT 4-H RECORD



Name: Joe Malick

Address: 7 Lamplighter Road

Monroe, CT 06468

Date of Birth: February 23, 1995

4-H Group: Haywire

County: Fairfield County

4-H ACTIVITY RECORD

(List the following 4H activities for this year only. Record them at the time you do them. Keep this sheet in your 4H record folder with your project records. Use only one activity record each program year even though you may be in more than one club. Include what you learned in these activities in your 4H story.)

Name: Joe Malick

Age as of January 1st 12

Years in 4H (Counting this year) 1

4-H Program Year 2007-2008

Club/Individual Membership

Meetings Held

#Meetings Attended

Haywire

13

13

List your 4H demonstrations, talks, exhibits, radio and television appearances, newspaper articles written. Include topics & dates.

11/10/07 - "A Brief History of Vaulting" - Public Presentation Day (Oxford)

7/9/07 - "Parts of a Horse" - Club Demonstration

List your leadership experiences in 4H. Include offices you have held or committees you have served on and the level of leadership you held within each committee (i.e. member, chair, etc.).

2007-08 - Club Vice President/created and maintained club website.

List your citizenship/community service experiences and team cooperative efforts. Include things that contribute to the welfare of your group members, other individuals or community or which have helped your club or group work more effectively

8/27/07 - Collected Supplies for Dogs at Newtown Dog Pound

10/26/07 - Volunteered at the NBLA Hunter Pace (Ran time sheets)

2/13/08 - Made Valentine's Day cards for Senior Citizens at Ashlar Nursing Home

4/22/08 - Cleaned and repainted barbeque grills at Wolfe Park in Monroe

Recognition received (complete after county recognition program):

* What was done - did you participate, help plan, implement, etc. ** Designate Level of Participation with L for Local, S for State, M for Multi-state and N for National

6/11/07 I won a Super 4-Her award and received a framed copy of my horse booklet cover and a community service ribbon at recognition night

Record your participation in local, regional, state-wide and national activities. Include workshops or clinics attended (how you learned the new skills you are using), project events such as horse or dairy judging, local and state project area activities such as Public Speaking Programs, Fashion Revues and Nutrition Fairs. Don't forget activities such as exhibiting in the 4-H Fair or participating at Eastern States, attending conferences such as CWF, Teen Connection or Teen Leadership or 4-H Camp. Also include participating in local fundraising events such as the 4-H Fairbook ad campaign as well as county recognition programs.

DATE	ACTIVITY	WHAT WAS DONE*	LEVEL**
6/14/07	Recognition Night	Participated - read a poem aloud and won 3 awards: Community Service ribbon, framed horseshow booklet cover, and Super 4-Her trophy	L
10/23/07	Fallback Festival Exhibiting	Participated - my wall shelf won a blue ribbon/ Best in Division	L
10/23/07	Fallback Festival Workshops	Participated - made a beeswax candle and painted a mask	L
1/4/08	Public Presentation Day	Participated - made a speech on vaulting/ won a blue ribbon	L
3/28/08	Horsing Around at UCONN	Participated - learned about Lyme disease and West Nile Virus	S
4/4/08	Spring Benefit Horse Show booklet	Participated - donated \$20.00 to the ad campaign	L
4/16/08	Spring Benefit Horse Show booklet	Participated - won the cover contest for the horse show booklet	L
5/16/08	4-H Horse Show	Ribbon Runner at the 4-H Spring Benefit Horse Show	L
6/5/08	4-H Day at the Beardsley Zoo	Participated - Took a tour of the zoo and learned about the animals	L

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Write a story telling what 4H has meant to you this year. Include some of the things you have learned and some of the things that have been the most fun. Tell how you have helped others by being a 4H member.

This year I learned that the more I put into 4-H, the more I get out of it. I spent my entire woodshop class rotation at school working on a wall shelf to enter at the Fallback into 4-H Festival, and I encountered a lot of problems while I was working on my project. Even though I had some trouble with my shelf, I spent all 36 days on it. My shelf ended up being named "Best in Division" at Fallback. I think that this is because I put so much effort into it. Also, even though I was nervous about Fallback, it ended up being the most fun thing that I did all year in 4-H. All year, I began to realize that I could have lots of fun in 4-H if I always participated. I made sure that I was at all of my club's meetings and I even made a website to give updates to club members who missed meetings. This made me feel proud because I was reducing stress for other 4-Hers. It also taught me that reaching your goals and making a difference requires responsibility and commitment.

This record was written by the member and is believed to be accurate.

8/13/08	Joe Malick	9/1/08	Jane Anderson
Date	Member	Date	4-H Leader

Attach one or two selected photographs or news articles.
(optional)

It is important to put a few pictures here.



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4-H MEMBER GOALS

Name Joe Malick Years in Project 2 4-H Program Year
2007-08

Beginning of Year: Set Your Goals

What skills do you have now?

I can canter over one or two crossrails at a time. I can also canter in a group without any problems. I have become much more comfortable jumping that I used to be.

What new things do you want to learn? These are your goals for this year.

I would like to be able to canter an entire course of jumps. I would also like to improve my body position when I'm riding on the flat and when I'm jumping.

How will you plan to learn them?

I will take lessons weekly and try my hardest. I will relax more and have fun. I will try to have more confidence in myself as a rider. I will practice my riding body position at home in front of a mirror to improve.

Evaluate Your Progress

What skills did you learn or improve? These are the goals you have met.

This year, I have greatly improved my body position when I'm riding. This improved my confidence, posture, and jumping. When I finally did canter an entire course of jumps, I was very proud of myself because I was riding a lesson horse that I had always been nervous about riding.

How would you improve or change your project for next year?

Since I have met a major riding goal this year, next year I want to try very hard to change something about myself that will make life easier for me. For example, I would like to stop putting things like 4-H phone calls off until the last minute.

You may use separate forms for individual projects or use one that will help you plan general goals for the year.

4-H MEMBER FINANCIAL SUMMARY

Name Joe Malick Years in Project 2 4-H Program Year

2007-08

EXPENSES: List headings needed at the top of each column. For instance, if you are reporting two projects, one heading might be "horse" and one might be "clothing". If you have a single project, you might select headings such as "cost of equipment" and "supplies". You can use this sheet for a total summary of all your projects or keep track of individual projects using single sheets.

EXPENSES

Month or Date	Riding Lessons	Riding Clothing	Horse Show/ Gymhana	Horse Grooming Equipment	Horse Leasing	Totals
Oct'07	\$180.00	-	-	-	-	\$180.00
Nov'07	\$180.00	-	45.00	-	-	\$225.00
Dec'07	\$180.00	-	-	12.00	-	\$192.00
Jan'08	\$180.00	-	-	-	-	\$180.00
Feb'08	\$180.00	-	-	-	230.00	\$410.00
Mar'08	\$180.00	75.00	-	6.00	-	\$261.00
Apr'08	\$180.00	-	-	-	-	\$180.00
May'08	\$200.00	-	-	-	-	\$200.00
Jun'08	\$200.00	-	-	-	-	\$200.00
Jul'08	\$200.00	56.00	-	-	-	\$256.00
Aug'08	\$200.00	-	-	-	-	\$200.00

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ANIMAL STUDY

Name Joe Malick
2007-2008

Year in Project 2

4H Program Year

Please list the animal you chose to study this year. Use one Record Sheet for each animal species.

Species Horses (horses, dogs, sea creatures, exotic animals, cats, other)

Please check your major area of study this year. Every area checked must be explained in each subsequent part of this record.

Housing Reproduction Nutrition Careers
 Grooming Equipment Breeds First
Aid/Health
 Terminology Colors/Markings Maintaining Records Selection
& Judging
 General Animal Overview Other
 Safety

(Most appropriate for younger members)

Describe your project. (list things that you have learned, how you learned it)

I learned that every type of equipment is suited for a certain kind of horse or riding discipline. You should always use tack that was made to make your type of riding easier for both you and your horse. You should also always make sure that your equipment fits you and your horse properly for it to do its job. I learned this from books and magazine articles that I have read and from the experiences that I have had.

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List and define 3 words that you learned this year.

Girth cover - soft fleece or other soft material that surrounds the girth. The girth cover prevents sores.

Breastplate (neckstrap) - the straps which pass around a horse's breast and fasten to the girth straps to keep the saddle from slipping back

Cavesson - The basic kind of noseband on a horse's bridle

In what activities related to your project did you participate?

Date	Brief Explanation. Be sure to include if you participated or organized the activity.
2/7/08	I read the "Equipment" chapter of <u>The Ultimate Encyclopedia of Horse Breeds and Horse Care</u> to learn more about bit differences.
2/24/08	I read part of the "Tack and Equipment" Chapter of The New Rider's Horse Encyclopedia and learned about saddle fit importance.
3/18/08	I read "Riding Sidesaddle", an article in <u>Young Rider</u> , and learned about me differences between sidesaddles and more common saddles.
4/5/08	I read "A Quick Guide to Saddle", an article in <u>Young Rider</u> , and learned why the features of western saddles are important.
4/29/08	I read " Bit Check", an article in <u>Young Rider</u> , and learned about why certain bits are best for certain horses.

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What skills (knowledge, handling, etc) did you acquire? How did you acquire them?

The knowledge that I require were identifying bits and saddles and knowing why someone would use them. I acquired this knowledge by reading horse books and magazines.

What challenges did you encounter in your project? How did you resolve them?

The challenge that I encountered in my project was that most of my club's demonstrations were about parts of the horse. So that I could meet my goals. I had to make sure that I took the time to read the horse books and magazines that I had for information.

How will you use what you learned?

I will use what I have learned to make riding easier. Now that I know more about tack and equipment, I can find the things that I need in the tack room without any help. This will make me more confident at the barn because sometimes I am embarrassed when I need help finding the right equipment.

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Equal opportunity program provider and employer

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