



# California 4-H Youth Development Program 2015 State Evaluation Cover Page

Complete this form to enter your book in state competition

## PERSONAL INFORMATION

County: Sacramento

Program Year: 2014-2015

Name: Gabriel [REDACTED]

Total Years in 4-H: 10

Birthdate: [REDACTED]

(including years as a primary member)  
Age on December 31, 2014: 14

Address: [REDACTED]

City: [REDACTED]

State: [REDACTED] Zip: [REDACTED]

Phone: [REDACTED]

Email: [REDACTED]

Name of 4-H Club/Unit: Country Centre Size of Club/Unit: 35

### 4-H Enrollment Status (check all that apply):

- Club
- School Enrichment
- Special Interest/Short-Term
- Individual Study
- Overnight Camping
- School-aged Child Care

Previous 4-H Record Book State Winner Year: Not Applicable

## CONFIRMATION

This application is an honest reflection of my work. I completed the required Online Record Book Quick Start Course by June 30<sup>th</sup>, 2015. I understand that copies of applications and Record Books become the property of the California 4-H Youth Development Program and may be used in whole or in part for public relations and training.

Signature 4-H Member: [REDACTED] Date: 10/12/2015

I reviewed this application and believe it to be correct.

Community 4-H Club/Unit Leader: [REDACTED] Date: 10/12/2015

## SPECIAL ACCOMODATIONS

If any accommodations have been made for 4-H members who cannot complete the 4-H Record Book in 4-H Online Record Book or in other acceptable formats, please attach a note detailing the accommodations.

# Title Page

**4-H YEAR:** 2014-2015

**NAME:** Gabriel [REDACTED]

**AGE:** 14 years old

**BIRTHDATE:** [REDACTED]

**CLUB:** Country Centre

**COUNTY:** Sacramento

**YEAR IN 4-H:** First Year Senior Member  
(10th year in 4-H including Primary Years)



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# California 4-H Youth Development Program Personal Development Report

County: Sacramento

Name of 4-H Club/Unit: Country Centre

Program Year: 2014 - 2015 Total Years in 4-H: 10 (Includes 4 primary)  
(Include years as a primary member)

Name: Gabriel [REDACTED]


Birth Date: [REDACTED] Gender:  Male  Female

Age on December 31: 14 Grade in School: [REDACTED]  
(of the program year listed above)

Address: [REDACTED]

City: [REDACTED] State: [REDACTED] Zip: [REDACTED]

Email: [REDACTED] Phone: [REDACTED]



- A minimum completed club 4-H Record Book consists of the following items.**
1. Section 2: Personal Development Report
  2. Section 3: My 4-H Story
  3. Section 4: Projects - One project report form for every project completed

Club Meetings Attended This Year During the current year, 80% attendance is required for any achievement rank <i>Do not include project meetings.</i>	Meetings Held	Meetings Attended	Hours Attended	Percent Attended
		8	8	14

**I have personally prepared this report and believe it to be correct.**

Member's Signature: [REDACTED] Date: 6/11/15

**I have personally reviewed this report and believe it to be correct.**

Parent/Guardian Signature: [REDACTED] Date: 6-11-15

4-H Community Club/Unit Leader's Signature: [REDACTED] Date: 6-11-15

# 4-H Star Ranking

Record what you accomplished during the year. To qualify for any of the achievement rank awards, you must attend 80 percent of both the local club and the project meetings held during the year. To obtain any of the ranks, you must complete the asterisked (\*) categories as a part of your total effort.

- Bronze Star:** Complete at least 5 of the 8 categories listed.
- Silver Star:** Complete at least 6 of the 8 categories listed.
- Gold Star:** Complete at least 7 of the 8 categories listed.
- Platinum Star:** Complete at least 7 of the 8 categories listed.

Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years. The bronze, silver, gold, and platinum stars build on past achievements.

Categories of Participation <i>Transfer credits from previous years to the column headed "Total From Past Years."</i>	Total Past Years	Total This Year	Total All Years	Number of Different Categories Required			
				Bronze 5 Required	Silver 6 Required	Gold 7 Required	Platinum 7 Required
1. 4-H Projects Completed	16	2	18	2*	4*	8*	12*
2. 4-H Project Skill Activities	44	8	52	4	8	15	20
3. 4-H Events Attended	65	12	77	12	25	40	60
4. Leadership Development Junior or Teen Leader	112	42	154	10	20	30*	40*
	(9)	(4)	(13)	(0)	(0)	(2*)	(4*)
5. Citizenship & Community Service	78	21	99	10	20*	30*	40*
6. Communication Skills 4-H Presentations	80	23	103	12*	24*	36*	48*
	(23)	(3)	(26)	(4*)	(7*)	(10*)	(15*)
7. Honors and Recognition	52	10	62	5	10	15	20
8. Lifestyle Activities	63	9	72	10	20	30	40

\* Required for Star Rank

Numbers contained within parenthesis are included in the total category number (not an extra requirement).

## Star Rank

4-H Member must be currently enrolled in the 4-H Youth Development Program.

**Present Rank:**         None    Bronze    Silver    Gold    Platinum

**Rank Applying for:**    None    Bronze    Silver    Gold    Platinum

Approved    Not Approved

\_\_\_\_\_ 4-H Club/Unit Leader's Signature

\_\_\_\_\_ Date

# Personal Development Report: Participation

<b>1. 4-H Projects Completed This Year</b>				
Star Requirements: Bronze 2, Silver 4, Gold 8, Platinum 12				
Total Past Years: <u>16</u> Total This Year: <u>2</u> Total All Years: <u>18</u>				
<i>During the current year, 80% average attendance across all projects is required for any achievement rank.</i>				
	Meetings Held	Meetings Attended	Total Hours	Percent Attended
1. Leadership Development	10	10	17.25	100%
2. Farm to Fork Healthy Living Project	3	3	11.75	100%
TOTALS		13	13	29
AVERAGE			14.5	100%

Include your specific involvement (attended, competed, presented) and the level of participation:  
**I** = Individual, **L** = Local Club/Unit/Project, **C** = County/Area/District,  
**M** = Multi-county/Section, **S** = State, **N** = National/Multi-State, **G** = Global  
**You may add lines or add a page for each category, if needed.**

<b>2. 4-H Project Skill Activities</b>				
Star Requirements: Bronze 4, Silver 8, Gold 15, Platinum 20				
Total Past Years: <u>44</u> Total This Year: <u>8</u> Total All Years: <u>52</u>				
Date	Hours	Level	Activity Title & Brief Description	Location
09/08/14	1	L	Project display from Leadership Development on Recordkeeping/Record Books	Club Meeting
09/09/13 through 10/31/13	280	L	Project Display: 4-H Outreach Display up for 6 weeks. Library open 40 hrs./wk; 7 wks x 40 hrs=280 hrs displayed <ul style="list-style-type: none"> <li>• Quilting Project– hand sewed lap quilt</li> <li>• State Fair 2<sup>nd</sup> Place Ribbon</li> <li>• County Fair 1<sup>st</sup> Place Ribbon</li> </ul>	Arcade Library Window Display
11/08/14	1	M	Learned how to turn my 4-H life into a resume or job interview	N.C.S. Skills Day
11/08/14	.5	M	Learned fun active group dances to use in my 4-H club	N.C.S. Skills Day
11/08/14	.5	M	Learned how to jump start a vehicle, check its oil, check its transmission fluid, and change a tire	N.C.S. Skills Day
11/08/14	.5	M	Learned Roberts Rules of Order, how to conduct debate, and amend a motion	N.C.S. Skills Day
<b>Project Skill Activities Outside of 4-H (List up to two significant project skill activities)</b>				
09/02/14	1	I	Led the skills instruction portion of the meeting. Went over Knife Safety	Troop 107 Boy Scout Meeting
02/03/15	3	I	Led the skills instruction portion of the meeting. Went over Snow Shelter Building.	Troop 107 Boy Scout Meeting
<b>Total Number:</b>				<b>8</b>

## Personal Development Report: Participation

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**You may add lines or add a page for each category, if needed.**

### 3. 4-H Events Attended

Star Requirements: Bronze 12, Silver 25, Gold 40, Platinum 60

Total Past Years: 65 Total This Year: 12 Total All Years: 77

Date	Hours	Level	Event Title	Location
07/30/14	2	C	State Leadership Conference Orientation	Sacramento County 4-H office
08/15/14- 08/17/14	32	S	State Leadership Conference	UC Santa Cruz
10/05/14	2	C	County Achievement Night	Sacramento County Board of Supervisors Office
11/08/14	5	M	North Central Section Project Skills Day	San Joaquin 4-H Office
01/23/15- 01/25/15	46	M	Creating A Leader Conference	Walker Creek Ranch
02/14/15	4	C	County Presentation Day	Rosemont High School
03/09/15	2	L	Country Centre 4-H Club Social Event at Jump Sky High	Jump Sky High
03/22/15	2	C	Sacramento County HI 4-H Event, Young Eagles small aircraft flight day	Rancho Murieta Airport
03/28/15	6	M	North Central Section 4-H Field Day	UC Davis
05/02/15- 05/03/15	20	C	Leadership Development Awareness Day Conference	Sacramento County 4-H office
05/30/15	9	S	State Field Day	UC Davis
06/08/15	2.5	L	Country Centre Club end of year party	Sierra Arden Church
			<b>Total Number:</b>	<b>12</b>

## Personal Development Report: Participation

Include your specific involvement (attended, competed, presented) and the level of participation:

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**You may add lines or add a page for each category, if needed.**

### 4. 4-H Leadership Development

Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40

Total Past Years: 112 Total This Year: 42 Total All Years: 154

#### Required: Junior/Teen Leader Development Report

Total Past Years: 9 Total This Year: 4 Total All Years: 13

Gold = 2 Platinum = 4

Met Requirement  YES  NO

Date	Hours	Level	Leadership Activity	Location
2014-2015	30	L	Club Officer – President (JTDLR Included)	Country Centre 4-H Club – Sacramento Co.
2014-2015	24	L	Club Officer - VP of Programs (JTDLR Included)	Country Centre 4-H Club – Sacramento Co.
2014-2015	17	L	Leadership Development Project Teen Leader and Member (JTDLR Included)	Leadership Development Project
2014-2015	28	C	Sacramento County TLA (Teen Leader Awareness) (JTDLR Included) 02/08/15 (Meeting) 02/22/15 (Meeting) 03/13/15 (Meeting) 03/29/15 (Meeting) 04/17/15 (Meeting)	Various Meeting Locations including Sacramento County 4-H Office
6 Times 07/13/14 08/07/14 09/20/14 - 09/21/14 11/01/14 01/03/15 01/22/15	30.5	M	Creating A Leader Conference 2015 Staff Meetings and conference calls 07/13/14 (Meeting) 08/07/14 (Conference Call) 09/20/14-09/21/14 (Overnight Meeting) 11/01/14 (Meeting) 01/03/15 (Meeting) 01/22/15 (Conference Call)	NC Sectional Conference Director's Residence, San Joaquin 4-H Office, and Solano 4-H Office
7 Times 08/10/15 11/01/14 01/10/15 02/21/15 03/28/15 04/23/15 06/11/15 – 06/12/15	34.5	M	North Central Sectional Citizenship Weekend Conference - Staff Committee Meetings 08/10/15 (Meeting) 11/01/14 (Meeting) 01/10/15 (Meeting) 02/21/15 (Meeting) 03/28/15 (Meeting) 04/23/15 (Conference Call) 06/11/15 – 06/12/15 (Overnight Meeting at Marin Headlands Hostel)	San Joaquin 4-H Office, Contra Costa 4-H Office, and Marin Headlands Hostel



#### 4. 4-H Leadership Development cont.

Date	Hours	Level	Leadership Activity	Location
9 Times 09/08/14 10/13/14 11/10/14 12/08/14 01/12/15 02/09/15 04/13/15 05/11/15 06/08/15	2	L	Club Set Up & Clean Up Committee: Committee Member – Co-Chair Committee Member Committee Member Committee Member Committee Member Committee Member Committee Member Committee Member – Co-Chair	Club Meetings
8 Times 09/08/14 10/13/14 11/10/14 01/12/15 02/09/15 04/13/15 05/11/15 06/08/15	18	L	Club Recycling Fundraiser Committee: Committee Chair- All dates listed. (Chair duties included transporting the recycling from the event, sorting it at home, transporting it to a recycling center and turning it in for cash, obtaining a receipt and turning over both the cash and receipt to club treasurer for deposit. Approximately 2 hours per time.)	Club Meetings & Club Events
01/07/15	2	C	Sacramento County Creating A Leader Conference Orientation Meeting. As the Sacramento County Contact I conducted the meeting.	Sacramento County 4-H office
01/12/15	0.5	L	Committee Member – Club Talent Night. I prepared and presented a hard rock song on my electric guitar.	Club Meeting
3 Times 09/08/14 03/09/15 06/08/15	1	L	Club Refreshment Committee Committee Member – Ice Cream Social Committee Chair – Grapes and Ice Cream Committee Member – Peanut Noodle & Broccoli	Club Meeting and Social Event
05/16/15	2.5	M	Creating A Leader Conference 2016 Staff Meeting	Yolo County 4-H Office
<b>Leadership Development Outside of 4-H (List up to two significant leadership activities)</b>				
03/21/15	3	I	Led String Burn fire starting activity at Boy Scout Troop 107 Pre Camporee	Camp Champ
April-June	50	I	Senior Patrol Leader – Boy Scout Troop 107	Boy Scout Mtgs. and Events
<b>Total Number:</b>				42

## Personal Development Report: Participation

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### 5. 4-H Citizenship & Community Service

Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40

Total Past Years: 78 Total This Year: 21 Total All Years: 99

Date	Hours	Level	Citizenship Activity	Location
9 Times 09/08/14 10/13/14 11/10/14 12/08/14 01/12/15 02/09/15 04/13/15 05/11/15 06/08/15	4	L	Donated canned food to Sierra Arden Food Closet (All Club Meetings and Club End of Year Party - 9 times)	Club Meetings and Club End of Year Party
09/18/14	1	S	Read through script and memorized lines for the State Healthy Living Officer Training	Home
09/19/14	2	S	Set up room, narrated, and cleaned up room for the healthy living officer training filming.	4-H office
9/26/14- 9/28/14	27	M	Citizenship Activity – Government Studies at North Central Sectional Citizenship Weekend Conference: <ul style="list-style-type: none"> <li>• Mock Trial (I was a witness)</li> <li>• Checks &amp; Balances Workshop (Researched, prepared, provided supplies &amp; lead this workshop)</li> <li>• Bill of Rights Workshop (Researched, prepared, and co-led this)</li> <li>• Community Service Clean-up of Las Posadas 4-H Camp-hauled and stacked dry brush and wood.</li> </ul>	Las Posadas: North Central Sectional Citizenship Conference
11/25/14	2.5	C	Worked the Sierra Arden Church Annual Thanksgiving Food Closet	Sierra Arden Church
12/05/14	2.5	L	Worked a Children's Receiving Home Angel Giving Tree booth collecting presents to be used as Christmas gifts for children at the receiving home.	Arden Fair Mall
12/08/15	1	L	Worked a club organized fundraiser which benefited homeless youth in the Rancho Cordova area.	Club Meeting

<b>5. 4-H Citizenship &amp; Community Service cont.</b>				
<b>Date</b>	<b>Hours</b>	<b>Level</b>	<b>Citizenship Activity</b>	<b>Location</b>
12/23/14	2.5	C	Worked the Sierra Arden Church Annual Christmas Food Closet	Sierra Arden Church
03/15/15	2	S	Sewed a pillowcase to be donated to foster care youth through the 4-H State Fashion Revue Fashion it Pillowcase Project	Project Leader's Residence
05/26/15	1.5	S	Dropped off pillowcases Country Centre Club made through the 4-H State Fashion Revue Fashion it Pillowcase Project. We donated the ones we made to the Sacramento County Mustard Seed School.	Sacramento County Mustard Seed School
05/30/15	1	S	Volunteered to correct and tally State Fashion Revue Skillathon papers.	State Field Day
<b>Citizenship/Community Service Outside of 4-H (List up to two significant citizenship activities)</b>				
12/07/14	2	I	Passed out balloons to kids at the Rancho Cordova Tree Lighting. Worked the clean-up and tear down of the Rancho Cordova Tree Lighting.	Rancho Cordova Tree Lighting
10/04/14	8	I	Worked Eagle Scout Project Fundraisers and Eagle Scout Project Work Days.	Keniesels Auto Body Repair Shop Parking Lot, Neighborhoods, and Gibson Ranch
<b>Total Number:</b>				<b>21</b>

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**You may add lines or add a page for each category, if needed.**

### 6. 4-H Communication Skills

Star Requirements: Bronze 12, Silver 24, Gold 36, Platinum 48

Total Past Years: 80 Total This Year: 23 Total All Years: 103

**Required: 4-H Presentations** Total Past Years: 18 Total This Year: 5 Total All Years: 23

Bronze = 4 Silver = 7 Gold = 10 Platinum = 15 Met Requirement  YES  NO

Date	Hours	Level	Communication Activity	Location
8 Times				
09/08/14 10/13/14 11/10/14 01/12/15 02/09/15 04/13/15 05/11/15 06/08/15	4	L	Prepared Talks-- Reported on the 4-H projects and activities I participated in during the past month	Club Meetings
09/08/14	1	L	Project display from Leadership Development on Recordkeeping/Record Books	Club Meeting
10/05/14	1	C	Represented 4-H by manning a 4-H Outreach Booth at All Hallows Parish International Festival	Club 4-H Outreach-All Hallows Parish International Festival
10/31/14	4	C	Wrote an article about the Farm to Fork Healthy Living Project Showdown Throw-down cooking challenge which was posted in the Sacramento County 4-H Flash Newsletter	Sacramento County 4-H Flash Newsletter
01/15/15	4	C	Created a flyer for a Clover, Orangevale, and Country Centre Clubs Tri-Club Presentation Practice	Created at my residence and emailed out to the Club leaders to be dispersed
01/18/15	4	S	Wrote a letter of recommendation for Sarah Rivers, a 4-H youth, who was applying to be a California 4-H State Ambassador.	Submitted online
01/23/15- 01/25/15	6	M	Prepared Talk-Prepared and presented a dance workshop with three other members five times at CAL Conference	Walker Creek Ranch

<b>6. 4-H Communication Skills Continued</b>				
<b>Date</b>	<b>Hours</b>	<b>Level</b>	<b>Citizenship Activity</b>	<b>Location</b>
01/31/15	2	C	Wrote an article about my experience as Youth Creating A Leader Conference Staff which was posted in the Sacramento County 4-H Flash Newsletter	Sacramento County 4-H Flash Newsletter
02/13/15	1	C	Created a Presentation about the delegate's experiences at Creating A Leader (CAL) Conference involving all the Sacramento County CAL Conference Delegates. We gave this presentation to the Sacramento County Key Youth Leadership Team.	Sacramento County 4-H Office
02/14/15	4	C	Presentation - Gave a Cultural Arts titled "I See Fire" at Sacramento County Presentation Day	Rosemont High School
March 2015	6	C	Collaborated with Sacramento Teen Leadership Awareness Team to create Leadership Development Awareness Day Flyer to be posted in the Sacramento County 4-H Flash April Newsletter	Sacramento County 4-H Flash April Newsletter
03/28/15	6	C	Presentation - Gave a Cultural Arts titled "I See Fire" at North Central Sectional 4-H Field Day	UC Davis
03/28/15	.5	M	Creating A Leader Conference 2016 Staff Interview	UC Davis
05/30/15	9	S	Presentation - Gave a Cultural Arts titled "I See Fire" at State Field Day	UC Davis
<b>Communication Development Outside of 4-H (List up to two significant communication activities)</b>				
10/25/14	8	I	Served as Master of Ceremonies for an Eagle Scout Court of Honor Ceremony, which had Assemblyman Ken Cooley in attendance.	First Baptist Church of Fair Oaks
02/17/15	4	I	Gave a Senior Patrol Leader campaign speech for Boy Scout Troop 107	Troop 107 Boy Scout Meeting
<b>Total Number:</b>				<b>23</b>

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You may add lines or add a page for each category, if needed.

### 7. 4-H Honors/Recognition

Star Requirements: Bronze 5, Silver 10, Gold 15, Platinum 20

Total Past Years: 52 Total This Year: 10 Total All Years: 62

Date	Hours	Level	Honor or Recognition	Location
06/29/14	---	L	Gold on 2013-2014 Record Book at Club Record Book Judging.	Club Judging
09/08/14	---	L	Outstanding Member Award of Country Centre Club from 2013-2014 Program Year.	Club Meeting
10/04/14	---	C	Gold Medalist on 2013-2014 Record Book at County Record Book Competition on 8/09/14.	Achievement Night
02/14/15	4	C	Gold Medal for a Cultural Arts presentation titled "I See Fire" at Sacramento County Presentation Day	Rosemont High School
03/28/15	6	M	Gold Medal for a Cultural Arts presentation titled "I See Fire" at North Central Sectional 4-H Field Day	UC Davis
05/30/15	9	S	Gold Medal for a Cultural Arts presentation titled "I See Fire" at State Field Day	UC Davis
06/08/15	---	N	4 <sup>th</sup> H for Health Award (After a 4-H Club votes to take the 4 <sup>th</sup> H for Health Challenge, each member must do the following at their club meetings throughout the program year, to earn the award.) <ul style="list-style-type: none"> <li>• Drink water as the beverage at four meetings. (Water must be available at every club meeting, but the member only has to choose it four times)</li> <li>• Participate in 15 minutes of physical activity at four meetings.</li> <li>• Choose a fruit or vegetable as the snack at four meetings.</li> <li>• Complete any of the three activities above at four more meetings.</li> </ul>	Country Centre Club Meetings
06/08/15	---	L	100% Attendance at club meetings	Club Award
<b>Honors and Recognition Outside of 4-H (List up to two significant honors)</b>				
07/22/14	700	I	Boy Scouts of America Rank of Life Scout	Boy Scouts of America Award
03/17/15	3	I	Music Merit Badge – Boy Scouts of America	Boy Scouts of America Award
<b>Total Number:</b>				10

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**You may add lines or add a page for each category, if needed.**

### 8. Lifestyle Activities

Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40

Total Past Years: 63 Total This Year: 9 Total All Years: 72

Date	Hours	Level	Activity or Organization	Location
Weekly	50	I	Sunday School Class Cordova Church of Christ – Student	Rancho Cordova
Weekly	90	I	Boy Scouts (Troop #107) – Scout Member	Church/Park
Monthly	30	I	Youth Group member Cordova Church of Christ – Member	Rancho Cordova
Weekly	260	I	Guitar Class – Student	Sacramento
06/18/14- 06/20/14	30	I	Cordova Church of Christ Summer Camp-Staff	Rancho Cordova
07/06/14- 07/12/14	160	I	Boy Scout Summer Camp held at Winton	Winton
09/12/14- 09/14/14	55	I	Boy Scout Fall Camp	Wolfeboro
03/20/15- 03/21/15	20	I	Boy Scout Pre Camporee	Camp Champ
06/15/15- 06/19/15	50	I	Cordova Church of Christ Summer Camp-Staff	Rancho Cordova
<b>Total Number:</b>				<b>9</b>

## Charging into Leadership

Hi, my name is Gabriel [REDACTED] I am fourteen years old and this is my tenth year in 4-H. This year I focused on leadership. At the club level, I was a Teen Leader this year and participated in a leadership project. I was a Teen leader in the Leadership Development Project, Club Vice President of Programs for September through January, and Club President February through June. In all of these positions I used the Junior Teen Leadership Development Form and developed goals and strategies to increase my leadership skills. At the County level, I served as a Sacramento County Teen Leader Awareness (TLA) member. Working with the two other Sacramento County TLA's, I planned Sacramento County Leadership Development Awareness (LDA) Day. Additionally, at the Sectional level this past year I served as a youth staff member at North Central Sectional Creating A Leader (CAL) Conference. Besides Leadership I have been focusing on citizenship. I served on the North Central Sectional Citizenship Weekend Conference Planning Committee, and attended the conference as a member of the youth staff. At the State level, I attended State Leadership Conference (SLC). Outside of 4-H, I participate in Boy Scouts and have a leadership position within my troop. I also have a passion for music – I play electric guitar and enjoy playing rock music. Planning for the future, I plan to attend a local community college before transferring to a four year university. I want to study business and marketing, and music.

This past year I was involved in two projects. The first was The Leadership Development Project, which has helped me to develop my leadership skills. All the youth club officers were in the Leadership Development Project, and we all learned how to productively plan a club meeting as a team. I was the Teen Leader in this 4-H project, and my main jobs as the Teen Leader for the Leadership Development Project were to plan and lead a team building game at each meeting, and to help Mrs. [REDACTED] the project leader to lead the teaching portion of the meetings. I chose team building games relating to the month's club meeting program. My favorite team building game I led was Officer Puzzle Pieces; a game I worked with my Project Leader to create specifically for the Leadership Project. I used my Leadership Development Annual Project Report Expression page to fully explain this game so be sure to check it out; you will learn a fun game that teaches valuable leadership concepts that you could apply to other team groups.



The other project I was involved in was "Fall Food and Nutrition, Urban Farm to Fork - Healthy Living Project". My favorite activity in this project was the Showdown Throwdown Cooking Challenge. This cooking challenge mirrored the 4-H California State Cooking Throwdown challenge I participated in last year. The Showdown Throwdown was sponsored by, and held at, the Oak Park Farmers Market. One of the project members served as Master of Ceremonies for the event and we had three professional chefs come in to serve as judges. Courtesy of the Oak Park Farmers Market, all the participants received five dollar vouchers to purchase ingredients to be added to their team's pantry. We toured the farmers market before the competition, which gave the participants an opportunity to see all of the vendors and the products they were selling, which helped us plan what to purchase for our pantries. Each team was given a two burner stove, standard utensils, and two cutting boards. Each team had to make an appetizer or side dish and a salad, and only thirty minutes were allowed for all the preparation and cooking. Abraham Francis and I named our team "The Crafters of Culinary Delights." We were required to use at least two secret ingredients, and were given the choice of using either almonds or kale for one of them and either Salmon or Sausage for the other. We choose to use three of the ingredients, kale, almonds, and salmon. I constructed a delightful salad consisting of kale, mixed greens, chopped almonds and walnuts, and for a tad of sweetness dried cranberries. Abraham cooked up a spiced salmon sandwich. At the end of the competition we were the runner-up team, but it was a very fun experience. I am so glad I had Abraham on my team to handle the salmon; I am a vegetarian.

This past year I split two club officer positions with another youth. I served as Vice President of Programs the first half of the program year. My job as Vice President of Programs was to research possible activities that could be used for the program portion of our club meetings. I would bring two or three well developed plans to the officer meeting to be discussed, and voted on. Following the officer meeting I would pick up any necessary supplies, and send an email to the club if there were any changes in the normal timing of the meeting due to the program, or if there was anything the youth needed to bring. My favorite program that I planned was 'Talent Night'. The youth presented a variety of different talents in many different ways. Multiple youth, including myself, played music pieces each of us using our favorite instrument. Two other members performed a couple of magic tricks and others told jokes. Talent Night was my favorite program that I led at the club, because I got to see the sparks of the youth in my club, and share one of mine own sparks which is rock music, played on an electric guitar. Through the process of researching,

discussing, and implementing programs, I have learned the importance of thorough research. Also I have learned to respectfully listen to others' opinions, and to be patient and inclusive with all ages, levels and skills of people. Through this officer position I have learned skills and gained experience which I will be able to apply to future 4-H events, meetings, and activities.

For the second half of the program year, I served as President. As President it was my job to create and send out a draft agenda for the officer and club meetings, and make any changes before sending out a final agenda. Additionally, as President, I presided over the officer and club meetings following parliamentary procedures. As President in my club, I was responsible for keeping the members informed about upcoming 4-H events. To do this I keep myself informed by reading the Sacramento County 4-H Flash and 4-H State Updates and I would pull information pertaining to my club from these sources and construct an announcement board for each club meeting. My favorite meeting I presided over was the May officer meeting. At the May officer meeting we brainstormed and voted on our club's end of year party which would be in June. Multitasking and leading are a couple of the skills I improved as President. I have also learned many invaluable skills such as how to work with all different ages in a group, not voice my opinion but draw out shy members in a group, and create easy to read, effective agendas.

In addition to being a member in a leadership project, completing my first year as a Teen Leader, and splitting the officer positions of Vice President of Programs and President with another youth in my 4-H club, I attended multiple conferences this past year.

I attended State Leadership Conference (SLC), held at U.C. Santa Cruz. This conference was action-packed with three guest speakers, five workshops, and recreational activities including a scavenger hunt and a dance. My favorite guest speaker was Mike Smith, who is a professional skateboarder. His theme was "Hey Dude, Be Nice". In High School he was a sports star at his school. Because of the constant attention that comes with being a successful high school athlete, Mike began placing a lot more value on his peer's opinions, and good qualities such as character, kindness and a good attitude left him. But in his senior year of high school, Mike changed. He started hanging out with a young freshman, named Calvin, who was basically a loner and not part of the "cool" kids group. Mike started including Calvin in things he was doing, inviting him everywhere he went, and through Calvin, Mike rediscovered who he was, and the value of just being nice. Mike continues to help teens to this day. He says he lives his life as a professional teenager that doubles

as a youth motivational speaker and action sports personality. My favorite part about Mike was how practical and relatable he was to youth.

I had the opportunity to attend five workshops at SLC, and my favorite was a recreational workshop, Muggle Quidditch. I am a huge Harry Potter fan, so this was a perfect workshop for me to check out. The field was fifty yards long, and at each end there were three poles with a hula hoop attached to them about six feet off the ground. All players had to keep a toy broom between their legs the entire time. We played without Seekers so there were six players on each team, which included three chasers, two beaters, and one keeper. The three chasers pass a slightly deflated volley ball to each other while running up and down the field trying to score goals by throwing the ball through the opposing team's hoops. The keeper defends his team's hoops like a soccer goalie. The beaters on each team attempt to keep control over the three bludger balls which are dodge balls. If a player is hit by a bludger thrown by a beater, then he must run back and touch one of his goal hoops before rejoining the game. The only player who cannot be hit with a bludger is the keeper, when he is defending the hoops. We played three games in this workshop each lasting five goals. Through this workshop, Muggle Quidditch quickly became one of my favorite sports to play. I found out that this game is led as a 4-H project in another county in California and I am hoping to talk an adult volunteer in my club into considering leading it as a 4-H project in my county.

My favorite recreational activity at SLC was the Saturday night dance. The dance was "Gold" themed, it had a great DJ named DJ Hightop, and all the youth had a blast. Before the dance started, DJ Hightop's little brother took song requests which would later be played during the dance. DJ Hightop led the evening with the help of his little brother, who is a professional dancer. Between the great speakers, workshops and recreation activities, SLC was a great experience and I hope to attend again.

I served as a youth staff member for Creating A Leader (CAL) Conference, and from May 2014 through January 2015, I had regular meetings, conference calls, and planning work in preparation for the Conference which was held in January. My main job on staff was Impromptu Recreation. Working with the other two Impromptu Recreation Staff, I compiled a list of songs and games to be used in transition times throughout the conference, mainly before and during group assemblies. At the conference I had a blast leading songs and games, along with performing multiple skits at the Friday Night Campfire. Additionally I served as a workshop presenter. With the help of three other youth staff members I led a partner dance workshop focusing on two

different types of Swing Dancing. I taught five one hour sessions and by the Saturday Day Night 50s dance, all the youth knew how to Swing Dance to 50s pop. My favorite part of teaching dancing at CAL Conference was teaching the pretzel dance move, and how to dramatically 'dip' a girl. CAL Conference helped me improve my public speaking confidence through leading songs and games during assemblies, and through leading a 50 minute workshop for five consecutive sessions. At North Central Sectional Field Day, I interviewed to serve as a youth staff member at CAL Conference 2016 and was accepted. I will be serving on staff as a member of Friday Night Recreation. We have already had our first meeting and I can't wait for CAL 2016!

I had the honor of serving as a Sacramento County Teen Leader Awareness (TLA) member this past year. Working with the two other TLAs, we planned Leadership Development Awareness (LDA) Day as an overnight Superhero themed conference. Our TLA team created a flyer for LDA Day and I had it published in the Sacramento County 4-H Flash to increase publicity for this event. At LDA Day I led two workshops. One of them, a Parliamentary Procedures workshop, was brought back from CAL Conference. Two members of my 4-H Club attended the Parliamentary Procedures workshop at CAL and had built their own props and tweaked the workshop into a presentation format. I was able to borrow their props and tweak it to fit the LDA conference. This was a very fun way for the youth to learn Parliamentary Procedures, because throughout the process they voted to approve motions to add ingredients to a trail mix they were creating. When members had different opinions about why an ingredient should be added or not, the motion on the table would receive a lot of discussion and sometimes an 'immediate vote' would be called for or even an 'expungement'. After the workshop they were able to eat the tasty snack. The other workshop I led was in a game format, called Chocolate River. The Chocolate River game focuses on cohesiveness, cooperation, and communication. All the youth were wizards and had to travel to Mars, to concoct a potion that will save the world. To save earth all the wizards must make it back to earth and not a single drop of their potion can be spilled. Blocking their path is a chocolate river. Without spilling a cup of water (which is the potion), all the wizards must cross the chocolate river. While crossing the chocolate river, if a wizard falls in, the youth must all restart. The wizards are given seven pieces of paper which represent marshmallows. If a marshmallow is not being touched it will float away and be lost forever. If a wizard is not touching a marshmallow they will fall in and the group will have to restart. Eventually the youth figured out that by putting a finger on a piece of paper, and a finger from their other hand on the piece of paper in front of them, they could make a

train and all cross the river. It was great to watch all the youth brainstorm and work together towards their goal. I had a blast being part of the TLA team planning and orchestrating LDA Day.

In early 2014 I joined the North Central Section Citizenship Weekend Conference Staff Planning Committee. After multiple meetings, outside preparation, and workshop practices, we were ready for the conference. To set up and prepare the activities at the conference, we decided to arrive a day early. I led multiple workshops at Citizenship Weekend on subjects from how our government works, to partner swing dancing. One of the workshops I led was based on the U. S. Bill of Rights and individual freedoms. Another staff member, Kyle, co-led this workshop with me. In this workshop, an alien from outer space comes to America and takes over. But this alien understands that as Americans we are used to being free, so he will allow us to choose only five of our Bill of Rights to keep. Kyle and I broke the youth up into smaller groups, and in their groups they had to discuss and unanimously vote on which five rights they would keep. The decision of which five rights to keep had to be unanimous or all of their rights would be terminated. We told the groups to keep in mind that rights affect our lives on both a personal and a societal level. After the groups had discussed and voted on their rights, we had them present which five they had chosen, and why. Kyle and I then led a group discussion on the pros and cons of having to make a unanimous decision instead of a majority vote, which rights if any encompass other rights, would our society be different if we were limited to the five rights chosen, and if so, how? This was my favorite workshop I led, because it shows how important our freedoms are that we often take for granted. Finally, part of citizenship is community service, so as our final activity the entire conference assisted with the clean-up and up-keep of Las Posadas Camp.

This year in 4-H I not only have learned a lot and increased my spark for leadership, but I have also had a lot of fun along the way. I made new friends at club events, inside my county through LDA Day, and outside my county through sectional and state events and conferences. I have also forged relationships with my adult advisors for CAL and Citizenship conference. And I have had the opportunity to give back by serving as a sectional staff member for CAL and Citizenship Weekend conferences, by serving as a Sacramento County TLA, and by serving as a Club Officer. 4-H has helped me to develop my spark for leadership, and my spark for conference planning. I look forward to another great year in 4-H next year, when I continue to charge into leadership!



**California 4-H Youth Development Program**  
**Annual Project Report**  
*Submit one form per project.*  
*Members may add additional pages if needed.*

<b>Name</b>	Gabriel [REDACTED]		<b>Program Year</b>	2014-2015
<b>Project</b>	Fall Food and Nutrition: Urban Farm to Fork -Healthy Living		<b>Years in Project</b>	1
3	<b>Number of project meetings held</b>		100%	<b>% Attended</b>
3	<b>Number of project meetings attended</b>			
<b>LEARNING EXPERIENCES</b> <b>Explain what you did, what you learned, and the skills you gained in the project.</b> <i>Include the level of participation: I = Individual, L = Local Club/Unit/Project, C = County/Area/District, M = Multi-county/Section, S = State, N = National/Multi-State, G = Global</i>				
<b>Date</b>	<b>Level</b>	<b>Hours</b>	<b>Activity Title   Location   Learning Experience</b>	
09/19/14	S	3	<b>Project Meeting – California State Healthy Living Officer Training Video Filming</b> <b>Sacramento County 4-H Office</b> Participated in the Healthy Living Officer training film for the state website. Throughout my participation in the filming I learned new active games, and tasty healthy living snack options.	
10/19/14	L	2.25	<b>Project Meeting – Tour and Organic Urban Farm Crop Tasting</b> <b>Yisreal Urban Family Farm</b> Toured the Yisreal Urban Family Farm. We learned how we can grow many things in a small planter box, raised bed, or pots; and, why it is important to compost and keep the soil rich for the plants. Some other things we learned is that conserving water when farming is extremely important. Drip irrigation is a great way to water without having a lot of evaporation. When growing leafy greens close together their leaves make a shield for the soil and only have to be watered once or twice a week. We also got a close up look at their bee hive on their property. And at the end we were able to taste two different types of jam, and an almond butter made fresh on their farm.	
10/28/14	L	3.5	<b>Project Meeting – Tour and Cooking Challenge</b> <b>Oak Park Farmers Market</b> Toured the Oak Park Farmers Market. Each farmer explained how they got started in the farming field. They had vendors selling things from roasted and salted pecans, to hand crafted soaps. We each had five dollar vouchers to use at the farmers	

			<p>market. What we purchased from the farmers market was added to our team's pantry for the Showdown Throwdown Cooking Challenge. Each team for the Showdown Throwdown Cooking Challenge was given a two burner stove, standard utensils, and two cutting boards. Each team had to make an appetizer or side dish and a salad. Only thirty minutes were allowed for all the preparation and cooking. Abraham Francis and I were the <i>Crafters of Culinary Delights</i>. We were required to use at least two secret ingredients. We were given the choice of using either almonds or kale for one of them and either Salmon or Sausage for the other. We choose to use three of the ingredients, kale, almonds, and salmon. At the end of the competition we were the runner-up team; it was a very fun experience. I am so glad I had Abraham on my team to handle the salmon as I am a vegetarian.</p>
			<p><b>Work in project OUTSIDE of required meetings:</b></p>
09/18/14	I	1	<p><b>Preparation for State Healthy Living Officer Training Video Filming</b>  <b>My Residence</b>  Read through the script and memorized lines in preparation for being the narrator for the California State Healthy Living Officer training video.</p>
09/19/14	I	2	<p><b>Preparation for State Healthy Living Officer Training Video Filming</b>  <b>Sacramento County 4-H Office</b>  Set up room, narrated, and cleaned up room for the California State Healthy Living Officer Training Video Filming.</p>

**Project Report Form (Continued)**

Number	List things made, raised, grown, or improved.	List honors or awards earned.
N/A	Improved my public speaking skills by narrating the California State Healthy Living Officer Training Video	Video when edited and completed posted to the California State 4-H Website
N/A	Made a kale salad in cooking challenge and after the contest was over one of the chefs, who was a judge, showed me how to prepare kale for salad.	Runner-ups certificate for cooking challenge
N/A	Improved my knowledge of Urban Farming and the need for it in the inner city.	
N/A	Learned through the cooking challenge time management in the kitchen.	
N/A	Improved my knowledge of California's Specialty Crops	

List citizenship activities	List leadership development activities
Learned the importance of water conservation in urban farming and as part of being a good citizen we each need to be careful with our individual water usage.	Narrator for Healthy Living Officer Training Film
	Helped clean up after the cooking challenge

<b>Expenses and Income/Value</b>			
<i>Summarize, totaling all expenses such as: ingredients, feed, vet supplies/visits, materials, exhibitor's fees, and all income such as: value of finished products, animals sold, exhibit premiums, etc.</i>			
Item	Number	Expense	Income or Value
Urban Yisreal Family Farm Tour	N/A	\$5	\$0
Ingredients, surprise ingredients and pantry ingredients for cooking challenge were sponsored by the Oak Park Farmers Market and Project Leaders		\$0 to member	\$0
\$5 vouchers were given to each project member to purchase fresh produce to be used in the cooking challenge. These vouchers were sponsored by the Oak Park Farmers Market		\$0 to member	
<b>Totals</b>		\$5	\$0
<b>Total Profit or Loss</b>		\$5 (Loss)	

<b>If another member was thinking about taking this project next year, what would you tell him/her about what can be learned in this project?</b>
You get to learn how to start a mini and efficient farm in your backyard. Additionally you get to practice your impromptu public speaking skills, cooking skills, and teamwork skills in a friendly cooking competition.



***Project Report Form (Continued)***

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<b>I have personally prepared this report and believe it to be correct.</b>	
4-H Member's Signature: [REDACTED]	Date: 6-8-2015
<b>I have personally reviewed this report and believe it to be correct.</b>	
4-H Project Leader's Signature [REDACTED]	Date: 6-8-2015

# Fall Food and Nutrition

## Urban Farm to Fork – Healthy Living

One of the secret ingredients in the Showdown Throwdown Cooking Challenge was kale. I used the kale in a salad, but unknowingly wasted time by tearing each of the kale leaves into little bite sized pieces, while avoiding the bitter stem. One of our professional chef judges came up after the competition and showed me a fast way to remove the stem from kale.

### How to prepare kale

1. Wash kale
2. Firmly holding the bottom of the stem with one hand, pinch the stem with your thumb and forefingers of your other hand just below the leaves.
3. Keeping your fingertips on the stem, slide your hand along the stem, gently pulling away the leaves
4. Set stems aside and tear kale leaves into smaller pieces



Now that I know this cool technique, I will be able to prepare leafy greens faster. Next year I will be better prepared to make better use of my time in the competition.



Because I took so long preparing the kale, I was unable to get my dressing on my salad. This is the salad dressing recipe I had memorized to use in the competition.

### Garlic and Herb Vinaigrette

from Mollie Katzen's Recipes Salads

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 medium clove garlic minced  | a pinch of celery seed         |
| 5 Tbs. extra-virgin olive oil | ¼ tsp. dry mustard seed        |
| 3 Tbs. red wine vinegar       | 1 Tbs. each (or any amounts) : |
| 1 Tbs. fresh lemon juice      | minced fresh dill, basil,      |
| ¼ tsp. salt                   | chives, and/or marjoram        |
| fresh black pepper to taste   | (or 1 tsp. each, dried)        |

With the new knowledge of leafy green preparation I have learned, I am now prepared to get this dressing on my salad in next year's competition.



**California 4-H Youth Development Program**

**Annual Project Report**

*Submit one form per project.*

*Members may add additional pages if needed.*

<b>Name</b>	Gabriel [REDACTED]	<b>Program Year</b>	2014-2015
<b>Project</b>	Leadership Development	<b>Years in Project</b>	3
10	<b>Number of project meetings held</b>	100%	<b>% Attended</b>
10	<b>Number of project meetings attended</b>		
<b>LEARNING EXPERIENCES</b> <b>Explain what you did, what you learned, and the skills you gained in the project.</b> <i>Include the level of participation: <b>I</b> = Individual, <b>L</b> = Local Club/Unit/Project, <b>C</b> = County/Area/District, <b>M</b> = Multi-county/Section, <b>S</b> = State, <b>N</b> = National/Multi-State, <b>G</b> = Global</i>			
<b>Date</b>	<b>Level</b>	<b>Hours</b>	<b>Activity Title   Location   Learning Experience</b>
08/04/14	L	2	<b>Leadership Development Club Planning Meeting SMUD Office</b> At this meeting we learned about club programming, 4-H awards to be earned at the club level and our own club's bylaws. We brainstormed, discussed and voted on our clubs programs for the year. I learned during the brainstorming stage that each member likes very different programming from public speaking opportunities, to making cookies and donating them to a homeless shelter. We voted in a variety of programs so each member would have the opportunity to experience a variety of programs with some aligned with their individual specific interests. In the past, Country Centre Club had offered three different club attendance awards. 100% attendance, 100% attendance in uniform, 100% attendance in uniform with parent or guardian. As a group we discussed the pros and cons of having three attendance awards. After the discussion we voted to have only one attendance award, 100% attendance. Our reasons for discontinuing the other two awards were that since 4-H doesn't have an official uniform, we shouldn't require it either. Additionally our club bylaws state that our unofficial club uniform is any 4-H related shirt. This also helps youth find out about other 4-H opportunities available to them such as Creating a Leader Conference, and Citizenship Weekend Conference. We decided that it is not the youth's responsibility to have their parent attend, even though parent participation is highly

			encouraged, and the youth felt that this award was more a recognition of their parents' attendance achievement than their achievement.
08/25/14	L	2	<p><b>Leadership Development Club Planning Meeting SMUD Office</b></p> <p>At this meeting we got to know each other a little better and learned about the club budget. I led a fun ice breaker get to know you game called <i>What I am Bringing to the Picnic</i>. The first person says their name and a food they are bringing to the picnic which starts with the first letter of their name. The next person says everyone's names that came before them, and what they are bringing, and then adds their name and what they are bringing to the growing list. This game helped us to learn each other's names better. We discussed and voted to remove the requirement for an officer to complete a record book to be able to serve as an officer in our club. We discussed, and voted on Country Centre Club's new program year's budget. This proposed budget will be voted on by the entire general club membership at the September club meeting. We discussed the logistics and programming for the September Club Meeting. We decided to let new members come and learn about the 4-H Program before the September club meeting starts at 6:30.</p>
10/06/14	L	2	<p><b>Leadership Project Meeting 4-H Office</b></p> <p>At this meeting we learned about goal setting and reflection. I led a fun ice breaker where six participants had to balance a tennis ball on a ring. Each participant could only touch the end of one ten foot string and the entire group had to work together to land the ball on different targets. This tied into our theme of hitting the mark and SMART (Specific, Measurable, Attainable, Relevant/Relatable, Timely) goal planning. We discussed SMART goal setting, and our JTLDRs (Junior Teen Leader Development Reports). We discussed and voted to have our club participate in the 4<sup>th</sup> 'H' for Health - Healthy Living Club Award this program year.</p>

11/03/14	L	1.5	<p><b>Leadership Project Meeting</b>  <b>4-H Office</b></p> <p>At this meeting we learned the importance of having the whole officer team work together. I led a fun ice breaker where each project member had a paper puzzle piece with a word related to an officer position written on it, taped to their back. Asking questions that could only be answered with a 'yes' or a 'no', they had to figure out what was written on their backs. After everyone had guessed their words, they had to fit each of their papers together as they each were a puzzle piece. This signified how each officer is needed for the club puzzle to run smoothly. Additionally this game shows the youth that all the puzzle pieces are of similar sizes; so in essence, no one officer on the team is more valuable than another because of the position they hold, but that we all are equally valuable. We discussed and agreed that the 4<sup>th</sup> H for Health Healthy Living Challenge was a good addition to programming and to have a name tag table available at the November club meeting.</p>
12/01/14	L	1.5	<p><b>Leadership Project Meeting</b>  <b>4-H Office</b></p> <p>I led a fun ice breaker where one person had to leave the room while the group created a few rules for a culture they were going to act out. Then the person that had walked out had to come back and guess the rules of our culture. This showed that as new families join 4-H it is important to mentor them so they understand the rules and culture of 4-H. We discussed and voted to have a bare bones business meeting to allow more time for our community service program at our December club meeting. We discussed the aspects and logistics of our December club meeting program an offsite community service event.</p>
01/05/15	L	1.5	<p><b>Leadership Project Meeting</b>  <b>4-H Office</b></p> <p>I led a fun ice breaker where the youth prepared a silly skit that we will be performing at the January club meetings talent night. After rehearsing it we gave it to all the adults as a practice run through. Then Mrs. [REDACTED] had us write down a 4-H goal that we want to reach before the end of the 4-H program year. We discussed the logistics and timing for our January club meeting program which will be a talent night. We decided to allow each presenter ninety seconds which will allow for each member to present in the time allowed.</p>

02/02/15	L	1.75	<p><b>Leadership Project Meeting 4-H Office</b></p> <p>I led a fun ice breaker where the youth and adults got into groups of three, and talking amongst themselves found three things they all had in common, and one thing different about each of them. Each of the groups then presented the things they had in common and their differences. Through this activity we learned new things about the members of our leadership team, and we got a chance to practice public speaking skills. Two of our leadership team members then gave a Share the Fun presentation called Parliamentary Trail Mix. Through their presentation, we learned more about Parliamentary Procedures by voting on items we wanted to add to a trail mix we were making, and afterwards we got a tasty snack. We discussed our February club meeting program logistics and decided to have the two members present their presentation again to the whole club. Also we decided to have a community service aspect. Members will be able to bring pies to be delivered to our local firefighting heroes!</p>
04/06/15	L	1.75	<p><b>Leadership Project Meeting 4-H Office</b></p> <p>I led multiple fun ice breakers while Mrs. [REDACTED] met individually with each member to discuss the goals they had written down at the January Leadership Project meeting. One of the ice breakers I led was Grandma's Kitchen. In Grandma's Kitchen the youth have to run from one side of a small field to the other without being tagged by the flour filled nylon stocking being wielded by the angry Grandma. Another activity I led was a problem solving game where all the youth got into pairs and sat on the ground back to back with legs crisscrossed. Then they linked elbows and had to stand up without letting go. This game worked on our communication skills with our partner. When we met individually with Mrs. [REDACTED] we discussed the goal we had made for ourselves at the January Leadership Project Meeting. If we had not succeeded in meeting our goal then we explored what obstacles were getting in our way that stopped us from succeeding and possible ways to overcome those obstacles. We discussed our April club meeting program which is Active Team Building Games. We voted to have three games which will be Human Knot, Magic Carpet, and Trash in Your Backyard.</p>

05/04/15	L	1.5	<p><b>Leadership Project Meeting 4-H Office</b></p> <p>I led a fun ice breaker called Three Headed Monster. In Three Headed Monster, three youth line up in front of the group and answer 4-H related questions asked by the other members. When the three youth answered they had to answer one word at a time going down the line building on what the others said before them. We switched out so everyone had a chance to be part of the Three Headed Monster. Through this game we learned how difficult it can be to speak on the spot. This game gave us an opportunity to practice our impromptu public speaking skills. We brainstormed how we are going to orchestrate our May club meeting program which will be officer elections. We will be having a voting station and each member will be going through individually and making their vote.</p>
06/01/15	L	1.75	<p><b>Leadership Project Meeting 4-H Office</b></p> <p>I led a fun ice breaker called Mute Line Up. Everyone stood in a line shoulder to shoulder. Then we had to rearrange ourselves without talking into birthday order, not including year. Some of us used our fingers to sign the day before the month. While others signed the month then day. We did eventually succeed. Through this game we learned the importance of communication, and how everybody communicates differently. We discussed the logistics of our end of year party which will be a movie night and dinner. We decided that the club will provide four pizzas and club members will bring side dishes and desert. We voted on G rated movie options and we will be watching Mulan.</p>

**Project Report Form (Continued)**

Number	List things made, raised, grown, or improved.	List honors or awards earned.
1	Leadership Skills and using club demographics to help guide decision making.	N/A
1	Working on a team with people with different strengths and needs.	
1	Improved my time management and group discussion skills	

List citizenship activities	List leadership development activities
Improved my understanding of Parliamentary Procedures and used that in 4-H meetings.	Working on a team with people that have different needs
Improved my knowledge of an election process and wrote a campaign speech.	Assisted club members with record book questions.

Expenses and Income/Value			
<i>Summarize, totaling all expenses such as: ingredients, feed, vet supplies/visits, materials, exhibitor's fees, and all income such as: value of finished products, animals sold, exhibit premiums, etc.</i>			
Item	Number	Expense	Income or Value
All expenses for this project were covered by the Project Leader.	N/A	\$0	\$0
		\$	\$
<b>Totals</b>		\$0	\$0
<b>Total Profit or Loss</b>		\$0	

**If another member was thinking about taking this project next year, what would you tell him/her about what can be learned in this project?**

At the beginning of each project meeting you start with a fun group team building game. The games follow the theme of the club program for that month. Then Mrs. [REDACTED] will go over a specific leadership skill. Throughout the program year, your communication and public speaking skills, diplomatic leadership, and knowledge and practice of parliamentary procedures will all be improved.

**I have personally prepared this report and believe it to be correct.**

4-H Member's Signature: [REDACTED] Date: 6/10/15

**I have personally reviewed this report and believe it to be correct.**

4-H Project Leader's Signature: [REDACTED] Date: 6-10-15



# Leadership Project

## Officer Puzzle Pieces

Officer Puzzle Pieces is a game I worked with my Project Leader to create specifically for the Leadership Project.

### Description

My favorite ice breaker I led in the Leadership Project was Officer Puzzle Pieces. I wanted a game early on in the year that would teach our team that each officer was equally important and that we all needed to both individually do our jobs, but also work cooperatively together to complete the club puzzle. Before the meeting I created puzzle pieces of similar size out of paper, and I wrote an item relating to a specific officer position on each puzzle piece. At the meeting I taped the matching puzzle piece to each officer's back, without them seeing it. For example the historian had the word camera written on his puzzle piece that was taped to his back. Then by asking the other officers questions that could only be answered with either a 'yes' or 'no', each officer had to figure out the item written on their puzzle piece. After all of the officers guessed what was written on their puzzle pieces, they took them off and assembled the puzzle as a group. This game was not only a fun activity, but it visually showed how each officer is needed for the club to be complete and run smoothly.

After the game was completed, we debriefed as a team the importance of both individual and group responsibilities to the Officer Team and how we need to strive to work together to achieve our common goals. The 4-H club puzzle needs every officer's piece to run smoothly. This game also shows the youth that all the pieces are of similar sizes; so in essence, no one officer on the team is more valuable than another because of the position they hold, but that we all are equally valuable.





# California 4-H Youth Development Program Junior and Teen Leadership Development Report

*Submit one form per project or activity.*

<b>Name</b>	Gabriel [REDACTED]	<b>Program Year</b>	2014-2015
<b>Project</b>	Leadership Development	<b>Years in Project</b>	3
<b>Club</b>	Country Centre	<b>Number of Members</b>	10
<b>Project Leader's Name</b>	Carolyn [REDACTED]		
<input checked="" type="checkbox"/>	Leadership Development Project	<input type="checkbox"/>	Junior Leader
<input type="checkbox"/>	All Star Ambassador	<input type="checkbox"/>	Club Officer
<input type="checkbox"/>	State Ambassador	<input type="checkbox"/>	Camp Counselor
		<input checked="" type="checkbox"/>	Teen Leader
		<input type="checkbox"/>	Exchange

**Complete questions one through five before the project or activity begins:**

<b>1. Briefly describe the overall project or activity. What is the project or activity and why is it important?</b>
<p>This coming year I will be the Teen Leader of the leadership development project. The Leadership Development Project is a great way to improve your leadership skills, because we get to learn how to lead at a club or project level, plan a budget, plan a club program, follow parliamentary procedures and give a project report. As an officer I am required to be in the Leadership Development Project. This is great because at the Leadership Development project meetings I get to connect with my fellow officers and Junior/Teen Leaders in our club. As Teen Leader of this project, I will be helping lead the meeting discussions and leading the team building games at each meeting.</p>

*Junior and Teen Leadership Development Report (Continued)*

**2. Goal Selection**

**I. Record the goals you have for this project or activity. Think of each goal as a destination.**

**II. Record goals for your leadership development. At the end of the project or activity, which of the 6 Cs (confidence, competence, character, caring, connection, contribution) do you plan to increase?**

**I Project Goals**

- For all the club officers to work as a team.
- For all the officers to keep the club's best interests at heart when planning events and meetings.
- For all project members to give input at project meetings and to help guide the team to a consensus during discussions.

**II Personal Leadership Development Goals**

- Connection: As a club officer, Teen Leader and experienced 4-H member I want to make sure that everyone feels included and welcome at both the officer team and club meetings.
- Contribution: As a Teen Leader I want to contribute to the Leadership Project by working with my Project Leader to prepare a team building ice breaker game that ties into our specific program theme for that month.
- Competence: Since the Leadership Team operates following parliamentary procedures, I want to improve my knowledge in this area and ultimately have a firm grasp of parliamentary procedures.

**3. Pursue Strategies**

**What are the steps you will take to reach your goals? Include by when, by whom, and the specific actions.**

- I will solicit advice from my Officer Advisor and 4-H adult leaders anytime I run into an obstacle that is preventing me from succeeding.
- To read the new officer manual before the program year starts and to review parliamentary procedures.
- To welcome and greet each member at all meetings.
- Along with my Project Leader's advisement, I will plan effective and fun team building icebreakers which teach specific leadership skills and tie-in with the theme of each month's specific club program.

**4. Shift Gears**

**What are some things that may get in the way of achieving your goals? What can you do to overcome those challenges or obstacles?**

**Differing Ideas:** Sometimes people may have different ideas about how club event should be run or handled. In these situations we can discuss and then vote to determine what is best for the club membership.

**Someone who does not complete their job on the Leadership Team:** If someone is not pulling their weight, then I could let the Leadership Team Advisor, or another adult volunteer know, and we could talk to that member and find out why they are not able to complete their job. We could also brainstorm with them ways they could be successful.

*Junior and Teen Leadership Development Report (Continued)*

<b>5. What advice would you give other members if they are struggling with a challenging task?</b>
To first identify what the obstacles are that are preventing them from reaching their goal. Brainstorm with their parent, mentor, 4-H advisor, or older 4-H member what steps they can take to overcome their obstacles. I would advise them to break down their overall goal into little pieces and work through it in smaller chunks so that they can experience progress and not get discouraged. Being successful with smaller pieces of their ultimate goal will help them keep their motivation to keep working towards the finish line. Finally to ask for help with their task if they are unable to complete it.

<b>Approval of Plans</b>	
<b>I have personally prepared this report and believe it to be correct.</b>	
4-H Member's Signature: [Redacted]	Date: 8/4/14
<b>I have personally reviewed this report and believe it to be correct.</b>	
4-H Project Leader's Signature: [Redacted]	Date: 8-4-14

Complete questions six through eight after the project or activity concludes:

**6. What were your roles and responsibilities in this project or activity? Did you identify a spark, passion, or interest? What did you do and learn?**

**Roles and Responsibilities:**

- I brainstormed team building games with my Project Leader before each project meeting. Every team building game I planned and led directly tied into that month's club program, and taught a leadership skill.
- I made sure all supplies for the team building games were prepared and brought to the meetings.
- I made sure all project members felt welcome and included.
- I assisted the project leader with teaching the leadership portions of the project meetings.

**A spark I identified:**

- This year I have been developing my spark for 4-H Leadership. This was a perfect project for me to be a Teen Leader in, as it gave me a chance to further develop my leadership spark as I helped other youth discover their spark for leadership too.

**What I did and learned:**

- I learned how to include all skill levels in games, activities, and discussions.
- I made sure to greet all project members and adults at all meetings to build cohesiveness in the club.
- I made sure to encourage members to participate in public speaking, by organizing and orchestrating a multi-club Mock Presentation Practice Night. I prepared a flyer to advertise this 4-H event to three different clubs in our county that were geographically close to each other. The day of the event, I setup and cleaned up the room for the event and during the multi-club Mock Presentation Practice Night, I listened intently and provided participants constructive feedback to improve their presentations so that they would be ready to compete in our County's Presentation Day event.

*Junior and Teen Leadership Development Report (Continued)*

**7. What specific leadership skills did you develop? Which of the 6 Cs (confidence, competence, character, caring, connection, contribution) did this project help you to grow? In what way?**

- Contribution: Besides planning and leading Team Building games at each meeting, and helping teach the leadership portions of each meeting, I helped new 4-H members by answering their questions about the 4-H Program and how it works, and answered their questions about record keeping.
- Connection: I consciously greeted and included all members at each meeting. Additionally I made a point to try and build new friendships with different members of the Leadership Team.
- Confidence: At the Multi-Club Mock Presentation Practice Night, I made sure to provide constructive feedback to help them improve, but also encourage and compliment them on what they did well to boost their public speaking confidence.

**8. How will you use the skills you learned in future 4-H and other activities?**

During this past year I have improved my diplomatic leadership and planning skills. Also, I have improved my knowledge of parliamentary procedures, how to be respectful of all members' opinions and ideas, and how to draw out shyer members opinions during discussions. Additionally I have learned how to effectively communicate with other project members and adult advisors outside of meetings. These skills will be helpful as I lead other 4-H meetings in the future, and specifically when I am working with my Creating A Leader Conference Staff Team.

**9. For the Project Leader. Please provide feedback and comments on the 4-H member's leadership role.**

Gabriel was enthusiastic and did a good job working with me to come up with team building games that taught leadership skills that tied in with the current club's program for the month. He would practice the team building games ahead of time and gather the necessary supplies and came prepared to lead. Gabriel always arrived early to Leadership Development Project meetings to help set-up the meeting room and stayed after to help clean-up the meeting room each month. He was an asset to have as a Teen Leader in this project.

**Approval of Report**

I have personally prepared this report and believe it to be correct.

Member's Signature: [REDACTED]

Date: 6/10/15

I have personally reviewed this report and believe it to be correct.

4-H Project Leader's Signature: [REDACTED]

Date: 6-10-15



# California 4-H Youth Development Program Junior and Teen Leadership Development Report

*Submit one form per project or activity.*

<b>Name</b>	Gabriel [REDACTED]	<b>Program Year</b>	2014-2015
<b>Project</b>	Club Officer Team - President	<b>Years in Project</b>	4
<b>Club</b>	Country Centre	<b>Number of Members</b>	11
<b>Project Leader's Name</b>	Carolyn Ricchiuto		
<input type="checkbox"/>	Leadership Development Project	<input type="checkbox"/>	Junior Leader
<input type="checkbox"/>	All Star Ambassador	<input checked="" type="checkbox"/>	Club Officer
<input type="checkbox"/>	State Ambassador	<input type="checkbox"/>	Teen Leader
		<input type="checkbox"/>	Exchange
		<input type="checkbox"/>	Camp Counselor

**Complete questions one through five before the project or activity begins:**

<p><b>1. Briefly describe the overall project or activity. What is the project or activity and why is it important?</b></p> <p>This coming year I will be serving as President of my club for half of the year. The other half will be fulfilled by Keir [REDACTED]. Throughout the coming year I will be serving my club in many different ways. A couple of the duties I will be fulfilling as President are preparing and sending out an agenda before each officer team meeting and club meeting and presiding over the officer team meetings and club meetings. I want to keep the club's best interests at heart when facilitating and guiding the officer team. Another of my duties is to read through the 4-H County Flash and 4-H State Updates, as well as my own club's newsletter, to pull information pertaining to my club and create an announcement board for each club meeting. This gives easy reminders to the club members about upcoming deadlines and events and increases awareness of opportunities to be involved in the 4-H program. I also put links to the 4-H County Flash Newsletter and 4-H State Websites on the bottom of each club agenda so that the club members can easily access them. I look forward to leading my club.</p>
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*Junior and Teen Leadership Development Report (Continued)*

**2. Goal Selection**

**I. Record the goals you have for this project or activity. Think of each goal as a destination.**

**II. Record goals for your leadership development. At the end of the project or activity, which of the 6 Cs (confidence, competence, character, caring, connection, contribution) do you plan to increase?**

**I Project Goals**

- To always seek what is in the best interest for my club's members
- To fulfill all my tasks on time
- To follow parliamentary procedures
- To start and end all meetings on time

**II Personal Leadership Development Goals**

- Competence: I have a goal this coming year as President to discuss and share cooperatively while leading in an effort to bring the group to consensus decisions. I like to give my opinion when discussing club business and program ideas; however, as President, my duty is to find out what the group wants by using parliamentary procedures.
- Connection: This will be my 10<sup>th</sup> year in the 4-H program. I want others in my club to get connected with 4-H at levels beyond the club program. As President of the club I can alert members to County, Sectional, and State opportunities available to them to participate in the 4-H program to enrich their 4-H experience and more deeply connect them to the program.
- Contribution: I have learned so much in 4-H and now I want to give back. Now that I am that older member it is my turn to step up and take on club officer leadership positions and fulfill the duties of office to help my club.
- Confidence: I am going to take this opportunity to improve my confidence in running meetings and creating agendas.

**3. Pursue Strategies**

**What are the steps you will take to reach your goals? Include by when, by whom, and the specific actions.**

- Listen to the discussion and other members' opinions before voicing my own opinion or ideas. And when I do comment to be careful not to try and sway the group in a specific direction, but to guide discussion towards a group consensus.
- Take advice from my officer advisor and 4-H adult leaders.
- I will make sure to include all the officers in discussions.
- Send out the agenda in advance of officer and club meetings, so members have time to research and prepare as needed any agenda items so that they can be fully prepared to partake in meaningful discussion and decision making at both the officer team and club business meetings.



*Junior and Teen Leadership Development Report (Continued)*

**4. Shift Gears**

**What are some things that may get in the way of achieving your goals? What can you do to overcome those challenges or obstacles?**

**Differing Ideas:** Sometimes people may have different ideas about how something should be run or handled. In these situations I will facilitate the group in discussion making sure all voices are heard, before calling for a motion for a vote to determine what is best for the club.

**Someone who does not complete their job on the officer team:** If someone is not pulling their weight, then I could let the officer advisor, or another adult volunteer know, and we could talk to that member and find out why they are not able to complete their job. We could also brainstorm with them ways they could be successful.

**Sickness:** If someone gets sick and cannot attend a meeting then we will need someone to fill in for them. To make sure that we have someone who can fill in for them we should have training on the various tasks of the different officer positions, so we will always have someone to take over if someone is absent.

**5. What advice would you give other members if they are struggling with a challenging task?**

To first identify what the obstacles are that are stopping them from reaching their goal. Brainstorm with their parent, mentor, 4-H advisor, or older 4-H member what steps they can take to overcome their obstacles. Setting a goal for when they will be able to overcome each obstacle and breaking down the task into pieces that they can manage so that they will maintain their motivation to complete it. Finally to let them know it is okay to ask for help with their task if they are unable to complete it. We are a club and together we support the whole group.

**Approval of Plans**

**I have personally prepared this report and believe it to be correct.**

4-H Member's Signature:

[Redacted Signature]

Date: 8/4/14

**I have personally reviewed this report and believe it to be correct.**

4-H Project Leader's Signature:

[Redacted Signature]

Date: 8/4/14

*Junior and Teen Leadership Development Report (Continued)*

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Complete questions six through eight after the project or activity concludes:

**6. What were your roles and responsibilities in this project or activity? Did you identify a spark, passion, or interest? What did you do and learn?**

**Roles and Responsibilities:**

- To create, send out, review, and finalize the officer and club meeting agendas.
- To preside over the officer and club meetings following parliamentary procedures.
- To create and update a club announcement board for each club meeting.

**A passion I identified:**

- I learned I have a passion for presiding over meetings, because I have a talent for keeping to an agenda and making sure discussions stay on track with everyone having a chance to voice their opinion.

**What I did an learned:**

- I learned how to create simple, effective, and easy to read agendas.
- I thought through all the pieces of the meeting, and used the agendas as reminders to the club about what they would be doing at the upcoming meeting.
- I made sure to encourage members to participate in public speaking, gave them constructive feedback, and an opportunity to practice at the Tri-Club Presentation Practice Night that I hosted.

**7. What specific leadership skills did you develop? Which of the 6 Cs (confidence, competence, character, caring, connection, contribution) did this project help you to grow? In what way?**

- Contribution: I presided over interactive, productive and purposeful officer team and club meetings.
- Competence: I practiced using parliamentary procedures to preside over the officer team and club meetings which kept order and a consistent structure during the meetings.
- Connection: I made a point to talk to each member at all the meetings.
- Confidence: At the Tri-Club Presentation Night, I complimented each member who practiced public speaking to boost their confidence.
- Caring: I made sure to thank all adult and youth leaders for their time and effort at each meeting.

*Junior and Teen Leadership Development Report (Continued)*

**8. How will you use the skills you learned in future 4-H and other activities?**

During this past year I have improved my diplomatic leadership and planning skills. Through creating the officer team and club meeting agendas, I have learned how to create a simple, effective, and easy to read agenda. Also, I have improved my knowledge of parliamentary procedures and how to be respectful of all members' opinions and ideas. These skills will be helpful as I facilitate meetings and create agendas in the future.

**9. For the Project Leader. Please provide feedback and comments on the 4-H member's leadership role.**

Gabriel did a good job when creating club and officer team agendas. He also did a good job creating the club announcement board. Sometimes having strong opinions about club programming, Gabriel was challenged to not interject his opinion when presiding over the officer team business meeting and to stay focused on his duty as a President to serve in the facilitation role during discussions regarding club business. He really improved his listening and facilitation skills which are key skills to effectively conducting a productive meeting where all members have a chance to voice their input. He also improved his ability to focus and keep a meeting on track and moving through the agenda items in the time parameters outlined for the meeting.

**Approval of Report**

**I have personally prepared this report and believe it to be correct.**

Member's Signature: [Redacted]

Date: 6/9/15

**I have personally reviewed this report and believe it to be correct.**

4-H Project Leader's Signature: [Redacted]

Date: 6/9/15



# California 4-H Youth Development Program Junior and Teen Leadership Development Report

*Submit one form per project or activity.*

<b>Name</b>	Gabriel [REDACTED]	<b>Program Year</b>	2014-2015
<b>Project</b>	Club Officer Team – V. P. of Programs	<b>Years in Project</b>	4
<b>Club</b>	Country Centre	<b>Number of Members</b>	11
<b>Project Leader's Name</b>	Carolyn Ricchiuto		
<input type="checkbox"/>	Leadership Development Project	<input type="checkbox"/>	Junior Leader
<input type="checkbox"/>	All Star Ambassador	<input checked="" type="checkbox"/>	Club Officer
<input type="checkbox"/>	State Ambassador	<input type="checkbox"/>	Teen Leader
		<input type="checkbox"/>	Exchange
		<input type="checkbox"/>	Camp Counselor

**Complete questions one through five before the project or activity begins:**

**1. Briefly describe the overall project or activity. What is the project or activity and why is it important?**

This coming year I will be serving as Vice President of Programs of my club for half of the year. The other half will be fulfilled by Keir [REDACTED]. Throughout the coming year I will be serving my club in many different ways. A couple of the duties I will be fulfilling as Vice President of Programs are preparing and bringing a few different program ideas to the officer meetings and presiding over the discussion of the program ideas before a vote is taken as to which program we will implement for the club. Then I will need to follow-up with any required research, gathering and preparation of any supplies needed for the program and preside over the program at the club meetings. I want to keep the club's best interests at heart when choosing programs. It is important to have well thought out programming as part of the club meetings to introduce other pieces of the 4-H program beyond a business meeting and recreation piece. A well planned program will consider the overall interests of the club membership, skill level of membership, age makeup of the membership. Good programming will also take into consideration the time parameters allowed for the program and the cost of the program and whether or not the club has the funds to support it.

*Junior and Teen Leadership Development Report (Continued)*

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**2. Goal Selection**

**I. Record the goals you have for this project or activity. Think of each goal as a destination.**

**II. Record goals for your leadership development. At the end of the project or activity, which of the 6 Cs (confidence, competence, character, caring, connection, contribution) do you plan to increase?**

**I Project Goals**

- To fulfill all my tasks on time
- To follow parliamentary procedures
- To come with program ideas that fit the age, experience, and interest of the club membership

**II Personal Leadership Development Goals**

- Competence: I have had a lot of experience with leadership. Throughout this year I would like to expand my knowledge of club program leadership.
- Connection: As a member of the club officer team, I want to make sure that everyone feels included and welcome at both the officer team and club meetings. I want my programs to be tailored to meet the needs and skill level of my current club's membership.
- Contribution: I have learned so much in 4-H and now want to give back. Now that I am that older member it is my turn to step up and take on club officer positions.
- Confidence: I am going to take this opportunity to improve my confidence in running events and activities.

**3. Pursue Strategies**

**What are the steps you will take to reach your goals? Include by when, by whom, and the specific actions.**

- Take advice from my officer adviser and 4-H adult leaders.
- To solicit input from 4-H members for ideas for programming and to use the monthly officer team club program reflection feedback time to take notes and learn how to improve future programs.
- To plan programs ahead of the meetings.
- To welcome and greet each member at all meetings.

*Junior and Teen Leadership Development Report (Continued)*

**4. Shift Gears**

**What are some things that may get in the way of achieving your goals? What can you do to overcome those challenges or obstacles?**

**Differing Ideas:** Sometimes people may have different ideas about how a program should be run or handled. In these situations we can discuss and then vote to determine what is best for the club membership.

**Space and Location:** If something breaks down or is under construction so is unavailable for the program it may need to be modified or relocated spur the moment.

**Funding:** Some programs require funding from the club. If the program the club wants to do does not fit in the club budget, we may need to set up fundraisers or decide on a different program.

**5. What advice would you give other members if they are struggling with a challenging task?**

To first identify what the obstacles are that are stopping them from reaching their goal. Brainstorm with their parent, mentor, 4-H advisor, or older 4-H member what steps they can take to overcome their obstacles. Setting a goal for when they will be able to overcome each obstacle and their final task will provide motivation. Finally to ask for help with their task if they are unable to complete it.

**Approval of Plans**

**I have personally prepared this report and believe it to be correct.**

4-H Member's Signature:

[Redacted Signature]

Date:

8/4/14

**I have personally reviewed this report and believe it to be correct.**

4-H Project Leader's Signature:

[Redacted Signature]

Date:

8/4/14

*Junior and Teen Leadership Development Report (Continued)*

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Complete questions six through eight after the project or activity concludes:

**6. What were your roles and responsibilities in this project or activity? Did you identify a spark, passion, or interest? What did you do and learn?**

**Roles and Responsibilities:**

- To plan and lead the program portion of the club meetings.
- To make sure all youth have the option to participate in the program portion of the meetings.

**An interest and a passion I identified:**

- I developed my interest in speaking in front of an audience.
- I identified my passion for leadership. I have been heavily involved in 4-H leadership this past year and plan to continue 4-H leadership.

**What I did and learned:**

- I learned how to include all skill levels in the program portion of the club meeting.
- I made sure to introduce myself to all new members at all meetings.
- I helped 4-H youth with their public speaking skills by hosting a Tri-Club Presentation Practice Night.
- I made sure to encourage members to participate in the club programs.

**7. What specific leadership skills did you develop? Which of the 6 Cs (confidence, competence, character, caring, connection, contribution) did this project help you to grow? In what way?**

- Contribution: I provided fun, interactive and purposeful programs at the club meetings which focused on the head, heart, health and hands aspects of 4-H.
- Confidence: I complimented each member who practiced public speaking in the Tri-Club Presentation Night to boost their confidence.
- Competence: I learned it is a challenge to keep programs within the time allowed at the club meetings, but I carefully planned and transitioned before and throughout the program to keep it on track with the schedule.
- Connection: I carefully thought through the different program ideas I brought to the officer team meetings, and made sure that they were interesting to all the ages of the 4-H members in my club.

*Junior and Teen Leadership Development Report (Continued)*

**8. How will you use the skills you learned in future 4-H and other activities?**

As Vice President of Programs I improved my planning and event implementation skills. Additionally I learned how to plan interactive and interesting programs for all ages and skill levels. These skills will be helpful when I am planning events in the future.

**9. For the Project Leader. Please provide feedback and comments on the 4-H member's leadership role.**

Gabriel did a good job generating programming ideas that were mindful of the skill and aptitude level of all club members. He also made a genuine effort to make the programs relevant to the monthly meetings' theme or focus area while keeping it fun and interactive for all members. Gabriel improved his organization skills and did a good job having all the supplies and materials needed for programs gathered and organized in advance of club meeting days. He is a good public speaker with strong improvisation and impromptu skills which really helped make the implementation of the programming fun and productive for the members.

**Approval of Report**

**I have personally prepared this report and believe it to be correct.**

Member's Signature: [REDACTED]

Date: 6/9/15

**I have personally reviewed this report and believe it to be correct.**

4-H Project Leader's Signature: [REDACTED]

Date: 6/9/15





# California 4-H Youth Development Program Junior and Teen Leadership Development Report

*Submit one form per project or activity.*

<b>Name</b>	Gabriel Ricchiuto	<b>Program Year</b>	2014-2015
<b>Project</b>	Teen Leader – Sacramento County TLA (Teen Leader Awareness)	<b>Years in Project</b>	1
<b>Club</b>	Countywide Program	<b>Number of Members</b>	3
<b>Project Leader's Name</b>		Dennis [REDACTED]	
<input type="checkbox"/>	Leadership Development Project	<input type="checkbox"/>	Junior Leader
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Teen Leader TLA-County
<input type="checkbox"/>	All Star Ambassador	<input type="checkbox"/>	Club Officer
		<input type="checkbox"/>	Exchange
<input type="checkbox"/>	State Ambassador	<input type="checkbox"/>	Camp Counselor

**Complete questions one through five before the project or activity begins:**

<p><b>1. Briefly describe the overall project or activity. What is the project or activity and why is it important?</b></p> <p>TLA stands for Teen Leader Awareness. A TLA is a 4-H youth member in Sacramento County that has applied and been accepted to serve on a countywide team. The TLA team meets to produce an annual one-day leadership development and awareness training (LDA Day) and assist with a Leaders Appreciation Dinner for Sacramento County. I applied and was honored to be selected to serve as a TLA for Sacramento County for 2014-2015.</p> <p>LDA Day is a leadership development conference for youth (eleven years old and up) in Sacramento County. LDA Day includes workshops and guest speakers to teach about the different aspects of leadership and citizenship. Additionally it provides an opportunity for youth to meet 4-Hers from other clubs in the county.</p>
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*Junior and Teen Leadership Development Report (Continued)*

**2. Goal Selection**

**I. Record the goals you have for this project or activity. Think of each goal as a destination.**

**II. Record goals for your leadership development. At the end of the project or activity, which of the 6 Cs (confidence, competence, character, caring, connection, contribution) do you plan to increase?**

**I Project Goals**

- To work with my TLA Advisor and Team Members to plan and successfully carry out a Leadership Development Awareness (LDA) Day for the youth in Sacramento County.
- To fulfill all my tasks on time
- To have everyone's voice heard at meetings
- To increase attendance at LDA Day.
- To gain experience planning and implementing an overnight conference while working within a budget.

**II Personal Leadership Development Goals**

- Competence: I like to give my opinion when discussing agenda items at meetings; however, I have to be careful not to overpower a discussion, but to make sure everyone has a say. I strive to make sure everyone is included in discussions at meetings.
- Connection: This will be my 10<sup>th</sup> year in the 4-H program. I want other 4-H leaders in my county to experience 4-H beyond the club level and get connected with other youth leaders in Sacramento County.
- Contribution: I have learned so much in 4-H and now I want to give back. Now that I am that older member it is my turn to step up and take on leading 4-H events.
- Confidence: I am going to take this opportunity to improve my confidence in planning workshops and program activities for conferences.

**3. Pursue Strategies**

**What are the steps you will take to reach your goals? Include by when, by whom, and the specific actions.**

- Try and draw out shy members of the TLA Team, by asking them questions relevant to the topic being discussed.
- I will work with the TLA team to advertise LDA Day in multiple ways in an effort to increase attendance. I can personally reach out to members of my club to attend LDA Day. I have attended LDA Day in the past and can share my personal positive experiences to encourage others to participate. As a team we can work together to have a notice posted in our county e-newsletter, *'The 4-H Flash'*, to promote LDA day.
- I will begin to plan my assigned activities for LDA Day well in advance of the conference to allow myself sufficient time to become proficient with the programming I am in charge of leading or helping to lead.
- Listen to my advisor's advice and carefully plan activities, meals, and speakers within our county designated budget.

*Junior and Teen Leadership Development Report (Continued)*

<p><b>4. Shift Gears</b>  <b>What are some things that may get in the way of achieving your goals? What can you do to overcome those challenges or obstacles?</b></p>
<p><b>Differing Ideas:</b> Sometimes people may have different ideas about how something should be run or handled. In these situations I will consciously make sure everyone has an opportunity to state their opinion and work towards consensus. I will be open to compromising and trying other team member's ideas.</p>
<p><b>Insufficient Funds:</b> To avoid the possibility of having insufficient funds to execute a successful LDA Day conference I will dream big, but follow-up with research to be sure that the ideas that we come up with as a team stay within budget.</p>
<p><b>Setting meeting dates that work for the entire TLA team:</b> I will set up a texting group for the TLA's and our advisor so we can easily stay in contact. Additionally using doodle poll we will decide on what dates are best for our meetings.</p>
<p><b>Someone who does not complete their job on the TLA Team:</b> If someone is not pulling their weight, then I could inform the TLA advisor, or another adult volunteer, and we could talk to that member and find out why they are not able to complete their job. We could also brainstorm with them ways they could be successful.</p>
<p><b>Sickness:</b> If a TLA gets sick and cannot attend LDA Day then we will need someone to fill in for them. To make sure we are prepared, the TLA Team will plan back up activities in case we need to switch a workshop or speaker at short notice.</p>

<p><b>5. What advice would you give other members if they are struggling with a challenging task?</b></p>
<p>To first identify what the obstacles are that are stopping them from reaching their goal. Brainstorm with their parent, mentor, 4-H advisor, or older 4-H member what steps they can take to overcome their obstacles. Setting a goal for when they will be able to overcome each obstacle and their final task will provide motivation. Finally to ask for help with their task if they are unable to complete it.</p>

<p><b>Approval of Plans</b></p>	
<p><b>I have personally prepared this report and believe it to be correct.</b></p>	
<p>4-H Member's Signature: [Redacted]</p>	<p>Date: 2/13/15</p>
<p><b>I have personally reviewed this report and believe it to be correct.</b></p>	
<p>4-H Project Leader's Signature: [Redacted]</p>	<p>Date: 02/13/2015</p>

Complete questions six through eight after the project or activity concludes:

**6. What were your roles and responsibilities in this project or activity? Did you identify a spark, passion, or interest? What did you do and learn?**

**My roles and responsibilities:**

- Setup a group texting chat for the Sacramento County TLA Team.
- Reserved the Sacramento County 4-H Office facility for the 2015 Sacramento County LDA Day Conference.
- Prepared and presented a Parliamentary Procedures workshop at LDA Day.
- Prepared and lead active group leadership problem solving games that followed the superhero theme at LDA Day. These games included Chocolate River, Magic Carpet, Hulk Growing Anger, and Ducking Relay.
- Co-prepared with the other TLA's a promotion flyer for LDA Day which was published in the Sacramento County 4-H Flash.
- Individually promoted LDA Day in my 4-H club and followed up with members making sure they didn't miss the registration deadline. My 4-H club sent besides me five delegates and one chaperone.
- Lead LDA Day Conference with the other TLA's and support of our Advisor.

**A passion I identified:**

Throughout this leadership experience I developed my passion for planning and running themed events. One of my TLA teammates came up with the Superhero theme and I got excited in seeing how many of the leadership and game activities we could tweak so that they would tie into the theme. I had an interest in not only providing fun activities, but having them teach leadership skills in a cooperative way. Planning Sacramento County LDA Day Conference, and then hosting the event, along with the other Sacramento County TLA's, was so much fun. This is definitely one my sparks that I was able to develop through this position.

**What I did and learned:**

- Themed event planning. From picking the theme and advertising the event, to task time management and hosting the event.
- I learned that some of the preparation activities can take longer than you think. Creating the three hulk costumes was more challenging than I originally thought. I went through three different methods before I got one that worked, first I tried Rit Dye which just washed out of my particular fabric, then I tried crayons which were too labor intensive, and finally I used a spray paint for plastic which worked.
- How to come to compromises and work with teammates when we did not always agree on how to move forward with our planning.
- How to set up a group texting chat.

*Junior and Teen Leadership Development Report (Continued)*

**7. What specific leadership skills did you develop? Which of the 6 Cs (confidence, competence, character, caring, connection, contribution) did this project help you to grow? In what way?**

Leadership Development Goals:

- Competence: I grew in my competence for planning themed events. I also became more skilled at drawing out shy members in a discussion.
- Connection: Through planning and hosting LDA Day, I made meaningful connections with 4-Hers outside of my club. Additionally other youth who attended LDA Day made new friends outside of their clubs.
- Contribution: Through planning and hosting LDA Day, I got the chance to give back to the Sacramento County 4-H Program, and pass on some of the leadership skills I have learned through 4-H.
- Confidence: Through leading workshops and games at LDA Day, I was able to fine tune my public speaking skills.

**8. How will you use the skills you learned in future 4-H and other activities?**

Throughout the year I learned valuable life skills that I will be able to use in my future 4-H activities and other activities. As a Sacramento County TLA I had hands on practice planning a themed event, I will be able to apply that knowledge and organization task management training to any other events I plan in the future. The skill of drawing out shy members during discussions is the most valuable thing I learned as a Sacramento County TLA. I will be able to use these skills for the rest of my life whenever I am involved in meetings or discussions. I will be applying them immediately at my 4-H Club meetings.

**9. For the Project Leader: Please provide feedback and comments on the 4-H member's leadership role.**

Gabriel accomplished his goals as described. He demonstrated a high level of attention to detail that was instrumental in assuring that LDA day was delivered as planned. Gabriel's need for a methodical approach to organizing presented him with some challenges when faced with differing personality traits, but with some coaxing he was able to reach consensus with other team members. He demonstrated a firm knowledge of the material he presented at LDA day. It was a pleasure having him participate as a TLA.

**Approval of Report**

**I have personally prepared this report and believe it to be correct.**

Member's Signature: [Redacted]

Date: 6-2-15

**I have personally reviewed this report and believe it to be correct.**

4-H Project Leader's Signature: [Redacted]

Date: 7/15/15

## CAL (Creating-A-Leader) Conference 2015

by Gabriel [REDACTED]

4-Hers just got back from CAL (Creating-A-Leader) Conference 2015. CAL is a North Central Sectional Leadership Conference which is attended by 4-Hers around our section who are 11 years old and older. Attendees of CAL experienced three guest speakers, five excellent workshops, fun recreation including capture the flag, a campfire, and a Sock Hop Dance. We had a total of 193 in attendance for the full weekend. Sacramento County sent eleven youth delegates and three adult chaperones to CAL 2015. Here is what some of the youth and adults enjoyed and learned at CAL.



I thought the CAL conference was excellent overall, but if I have to call out one or two highlights, I'd have to say I really enjoyed the assembly speakers, including the two staff members who stepped in when a scheduled speaker couldn't be there. The other two speakers led the delegates in some great thought-provoking exercises, and both really seemed to enjoy their time with our 4-H'ers. And why wouldn't they?! Everyone who attended CAL exemplified what's so fantastic about the 4-H program.

--Tracy [REDACTED] (Adult Chaperone)

My favorite part of CAL was the dance workshop and the parliamentary procedure. The dancing workshop helped me with leadership skills by helping me get the dance moves and then being able to do them fluidly so I could show my partner. The parliamentary procedure workshop helped me with my leadership skills by allowing me to move to state my opinion and then someone who agreed with me would follow up to second it.

--Lidia [REDACTED] (Youth Delegate)

I liked the food and the dance the best about Cal Conference. Cal Conference helped me develop my leadership skills by teaching me how to lead a meeting, make motions and seconding motions. I am looking forward to next year.

--Matthew [REDACTED] (Youth Delegate)

The activities that I felt helped my leadership skills most were the events on how to address skeptics and the debate exercises. Learning how to overcome obstacles that others put in front of you and how to create logical arguments to dispute others' opinions was very helpful. Both activities were challenging and fun too.

--Peter [REDACTED] (Youth Delegate)

More on next page

**CAL Conference Report** (continued)

This was my first time at the CAL conference, and I enjoyed it a lot. My favorite part about CAL was the workshops; my favorite workshop was the team building workshop because we got to make a pizza as a team. We had to work together to figure out what we wanted to put on our pizza so everyone would enjoy it.

The theme of CAL was the 50's. Most of the staffers dressed like they were from the 50's, with the girls in poodle skirts and the guys in leather jackets and white shirts. The dance was also a lot of fun. There was a workshop on how to do the sock hop, and it was fun to try out at the dance.

--Benjamin [redacted] (Youth Delegate)

I liked how all the workshops and activities were interactive while teaching us how to become better leaders. The presenters at the workshops made their workshops fun and we learned about all different kinds of life skills. Lastly, I enjoyed meeting new 4-Hers in my cabin and my workshops.

--Whitney [redacted] (Youth Delegate)

I really enjoyed the beautiful outdoor setting and the chance to meet and exchange ideas with youth and adults alike from all over the 4-H North Central Section of California. The workshops and assemblies were engaging and encouraged participation; it was fun to see the youth CAL staff and youth delegates 'learning by doing'. I picked up several new ideas for Leadership activities that I plan on using in my club.

--Carolyn [redacted] (Adult Chaperone)

I had the experience of serving as Youth Staff at CAL. My Staff position was Impromptu Recreation. Throughout the conference I led songs and games especially before assemblies. In addition to serving as staff, three other youth and I led the Sock Hop Dance workshop. I had a blast watching the delegates learn the new dance moves and then use them at our fifties dance. I loved getting to get into the fifties theme and dressing up along with the other staff in fifties attire. I intend to return again as Youth Staff for CAL Conference 2016.

--Gabriel M. Ricchiuto (Youth Staff, Workshop Presenter, County Contact)

I've chaperoned CAL multiple times, and have returned because it is wonderful to see true youth-adult partnership in action. Youth staff are responsible for planning, managing and implementing the conference in its entirety-they work hard and grow so much in their roles. And, they have FUN! The delegates are engaged, enthusiastic, have fun, and have a chance to expand their horizons by making new friends with other youth from outside their home county. One of my favorite aspects about CAL conference in general is it's inherently a "hands-on, interactive" fun experience for all who attend.

--Mike [redacted] (Adult Chaperone)

This is an article I wrote featuring the delegates and chaperones of Sacramento County that attended Creating A Leader Conference.

The margins exceed the Record Book margin limits because the published copy was in this format.



# 4-H Presentation Day Practice

Need to practice your public speaking skills?



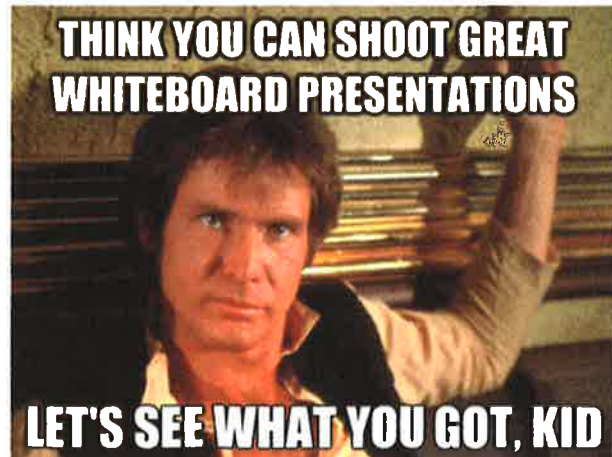
You don't want  
your audience to  
be like this!

Carmichael Library  
is located at  
5605 Marconi Ave  
Carmichael, CA

Country Centre, Clover, and Orangevale 4-H clubs  
invite you to join us for a mock county presentation day practice

- At the Carmichael Library on February 5th
- Starts at 6:30 pm, ends at 8:30 pm
- Sign up beforehand space is limited
- If you want to be evaluated, please bring three blank Evaluation Rubric forms for your presentation type. These forms can be found at the link below in the 4-H State Presentation Manual.
- To sign up, email your name, presentation title, length, and presentation type to [REDACTED]
- The link to the Presentation Manual is <http://4h.ucanr.edu/files/2193.pdf>
- If you have any questions call Gabriel [REDACTED]

And as always remember to tell your parents so you can hitch a ride and they can evaluate!



I designed this flyer to advertise for a Tri-Club Presentation Practice!



This is a flyer I created in co-operation with the other TLA's for Sacramento County LDA Day. The margins exceed the Record Book margin limits because the original flyer had these margins.



## Join us for an Incredible Superhero themed Leadership Development Awareness Overnight!

Activities including:

- Leadership Workshops
- Skit in the Bag
- Chocolate River Crossing
- Guest Speaker
- Movie & Pizza



Fly into base (aka 4-H County Office) to sharpen your leadership skills at 6pm on Saturday, May 2nd.



Blastoff with honed leadership skills at 12 noon on Sunday, May 3rd.

 **MAY 2<sup>nd</sup> & 3<sup>rd</sup>**

**Sacramento County 4-H Council  
is proudly sponsoring**

# Leadership Development Awareness Overnight!

A super event for all 4-H youth heroes  
11+ years old by December 31, 2014

**LEADERS ARE CREATED HERE!**

**Sacramento County 4-H Office  
4145 Branch Center Road  
Sacramento CA 95827**

**ORGANIZED BY YOUR  
COUNTY TLAS**

**Register by APRIL 17<sup>th</sup>  
for this FREE event by  
sending an email with  
your contact information  
to:**



Additional event information to be  
emailed out to registered participants  
after April 17<sup>th</sup> registration deadline.

Dear Sacramento 4-H County Council,

Thank you so much for the generous scholarship towards my attendance at CAL (Creating A Leader) Conference. I had the honor of serving as youth CAL staff this year. My CAL Staff position was Impromptu Recreation, which is responsible for leading games and songs during transition times throughout the conference.

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I also served by leading the dance workshop. I taught all of the delegates swing dancing that they could use at the Soc Hop dance Saturday night. It was fun seeing the delegates use some of the steps they learned.

Additionally, I served as the Sacramento County Contact for our delegation of 11 youth and 3 adults.

I look forward to CAL Conference next year.

Thanks, *Isabel*

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**From:** Mia [REDACTED]  
**Sent:** Thursday, April 09, 2015 6:12 PM  
**To:** [REDACTED]  
**Subject:** Welcome To Staff

Dear Gabriel,

We would like to congratulate you and welcome you to the 2016 CAL staff family as Friday Night Recreation. We hope that you will accept the position and be part of Staff. As part of staff, there will be 4-6 meetings between now and the conference in January. Please remember that CAL is a team effort and every member needs to put in their best effort to have a successful conference. If you accept your position, please email Lance [REDACTED] by April 17th. We look forward to hearing from you.

Sectional Meetings; May 16, Sept. 19, Nov.21 committee meetings will be held during these meetings.

Committee meetings: 1 @ 6 hours- January 2 (and possibly 1 in Oct./ to be determined.)

Mandatory Overnight Retreat: September 19/20 following the Sectional Meeting

Sincerely,  
Mia [REDACTED]  
2015 Co-Chair

# Creating A Leader Conference

North Central Sectional Leadership Conference  
at beautiful Walker Creek Ranch in Marin County  
January 23-25, 2015

Leadership Participation:

- Staff- Impromptu Recreation
- Workshop Presenter - Swing Dance Workshop
- County Contact - Sacramento County



Leading a repeat after me song with the other Impromptu Recreation Staff. (above - I am far right.)



Sock Hop Swing Dance workshop. I am teaching an advanced move called the pretzel. (above - I am pictured on far right.)



Sacramento County Delegates with the poster boards our group created for CAL, one shows our 'County Cheer' and one shows 'What makes Sacramento County Special'. (above - I am pictured in back row far right.)

**Leaders are created here!**

# Citizenship Weekend Conference

North Central Sectional Citizenship Conference  
at Las Posadas 4-H Camp!

September 27-28, 2014

Leadership Participation:

- Conference Staff & Planning Committee
- Presented Three Workshops
  1. Bill of Rights,
  2. Checks and Balances
  3. Partner Dancing



Leading a Checks and Balances workshop, I am talking about the government tree. (above)



Leading a Bill of Rights workshop with fellow staff member Kyle. (left)



Teaching a Swing Dance Partner Dancing workshop with three fellow staff members. (above)



Time to teach my favorite group dance, the Sid Shuffle Continental Drift. (above)

# State Leadership Conference

California 4-H State Leadership Conference  
at UC Santa Cruz!  
August 14-17, 2014  
Leadership Participation:  
Delegate - Sacramento County



Working on a music mix in a DJ workshop with a fellow SLC Delegate . (above)



Playing a team building group game in a Team Building Game workshop. (above & left)



I got to rock out with DJ Hightop and his Little Bro who led the music and dancing at the Saturday Night Gold themed dance. (above)

I was motivated by Inspirational Guest Speaker Josh Shipp who presented during the Friday Night Assembly. (left)

# 4-H Challenges Me!



Sewing a pillowcase for the State Fashion Revue *Fashion it Pillowcase Project*. I hadn't sewed for 9 years.



Posing with the Mayor of Sacramento Kevin Johnson as I compete in a Throw-down Showdown Cooking Challenge!



Pictured left to right above: Sacramento County 4-H All Star Brandon Brown, Pilot Len Stolba, 4-Her Gabriel Ricchiuto (me) and 4-Her Rachel Ricchiuto (my sister). At this very amazing Sacramento HI 4-H event my sister and I got to take our first small aircraft ride during a community Young Eagles Event!

My first small aircraft ride and I'm the Co-Pilot -pretty sweet! Nothing to worry about, perfectly safe, after all there was a wide open cornfield nearby just in case.



# Country Centre 4-H Club Fun



Performing Crazy Train by Randy Rhoads at The Country Centre 4-H Club Talent Night! (above)



Playing an active group game at a Country Centre 4-H Club Meeting. In this game you all hold hands and then without letting go you have to move the hula hoop all the way around the circle. (above)



At a Leadership Development Project meeting I taught the officer team a skit. Here we are pictured performing the skit at a Country Centre 4-H Club meeting. (above)

Country Centre 4-H Club members partner with Clover 4-H Club as we assist with the Sierra Arden Church Thanksgiving Food Distribution. (right)





## Project Summary

Project and Level of Participation	Size and Scope
<p><b>Leadership:</b> 2 years 2012-2014 I was the Junior Leader of this project and assisted the project leader in running the meetings. At the beginning of each project meeting I led a fun team building game to teach team work, communication, and other leadership skills. Project members learned about parliamentary procedures, how to be welcoming to new members, effective goal setting, etc.</p>	<p>Members learned parliamentary procedures and leadership skills</p>
<p><b>4-H Knights:</b> 1 year 2012-2013 – Junior Leader I ran this project for four of the boys in my club. I planned the activities, shopped for supplies, and co-led the meetings alongside the project leader. The boys had a lot of fun this year.</p>	<p>3 County Fair Exhibits 3 hours of community service per member</p>
<p><b>Community Service Friends Of Animals</b> – 1year 2011-2012 - Junior Leader <b>Activities:</b> Baked dog biscuits to donate to the shelter. Volunteered folding newspaper at the shelter and took a tour. Made enrichment toys (piñatas) and donated them to Folsom Zoo Sanctuary. Fieldtrip to the California Raptor Center.</p>	<p>Created a presentation and gave it 5 times at County, Sectional and State Presentation Day and received Gold at each level.</p>
<p><b>Junior Master Gardening</b> – 6 years <b>Activities:</b> Grew various plants, conducted experiments, played games and did cooking projects to better understand different aspects of gardening. Entered plants I grew into the County Fair including different vegetables, herbs, fruits and flowers. Worked on presentations for County, Sectional and State Presentation Day. Soil and Water, Ecology and Environmental Horticulture, Beneficial and Pest Insects, Landscape Horticulture, Fruits and Nuts and Vegetables and Herbs. Developed my leadership skills by working with kids with varied skill levels, planning activities and coordinating activities with agencies outside of 4-H.</p>	<p>1 presentation JMG National Certificate for becoming a Junior Master Gardener after completing 7 chapters of core curriculum. 6 County Fair Exhibits 18 hours community service work. <b>Level: I/L/C</b></p>
<p><b>Presentation</b> – 2 years <b>Activities:</b> Covered how to pick a speech topic, planning out the work so your presentation is ready for County Presentation Day, visual aids and boards, hand and body gestures. Gave our presentations to the group. Attended and presented at County, Sectional, and State Presentation days. <b>Knowledge:</b> Learned how to plan, prepare, and polish a presentation to be ready for competition. Talked about all types of 4-H presentations.</p>	<p>2 Presentations</p>
<p><b>Hug-A-Pet</b> – 3 years <b>Activities:</b> Took animals like rabbits and dogs to senior homes. Visited the Children’s Receiving Home and took a picture of each kid with an animal. <b>Knowledge:</b> Incubated, hatched and raised chickens. This taught me a lot about responsibility. Improved my ability to handle a variety of pets.</p>	<p>60 hours of community service. Raised 5 pet chickens from eggs. <b>Level: I/L/C</b></p>
<p><b>Other Projects</b> Beginning Quilting (1), Media (1), Hiking (1), Community Service (1), Our World Service Learning (1), Dog (2), Engineering (1) <b>Activities:</b> Basic block pattern quilting. News article writing. Toured a local newspaper. Hiking and crafts. Basic engineering. Dog showmanship and obedience. <b>Knowledge:</b> Learned basic quilting and how to write a good article. Learned basic engineering. Learned dog showmanship.</p>	<p>8 hours Community Service work. 2 County Fair Exhibits  <b>Level: L/C</b></p>

## Leadership Summary

Leadership Highlights	Level
<b>2013-2014 Junior Leader (1) President and Vice President of Programs officer positions</b>	
<p><b>Club Officer – President</b> – Created agendas for the officer team and club meetings. Presided over the officer team and club meetings. Created club announcement board for each club meeting.</p> <p><b>Vice President of Programs</b> – Came prepared with program options to officer meetings. Prepared program and presided over it at the club meetings.</p> <p><b>Junior Leader – Leadership Development Project.</b></p>	L
<b>2012-2013 Junior Leader (1) Vice President of Committees and Secretary Officer Positions</b>	
<p><b>Club Officer – Vice President of Committees</b> – Helped Create a master club committee tracking system and updated it every month. I sent out the attendance of all club committees to the club membership each month.</p> <p><b>Club Officer – Secretary</b> – Recorded the minutes at each club and officer meeting.</p> <p><b>Junior Leader – 4-H Knights Leadership Project.</b></p>	L
<b>2011-2012 Junior Leader (2) Club Officer (1) Conferences (1)</b>	
<p><b>Junior Leader – Community Service Friends of Animals</b> – I worked with another Junior Leader and Teen Leader to develop and implement project programming for the project meetings. Each of us on the team actively led a segment at each project meeting.</p> <p><b>Junior Leader – Dog</b> – I helped individual handlers improve their dog's skills on leash. I also helped lead three indoor meetings and taught the handlers how to clean their dog's ears and dremel nails.</p> <p><b>Club Officer – Recreation Leader</b> – There was three recreation leaders, so to coordinate each month, we had a three-way conference call between us to brainstorm ideas and work out recreation programming club meetings. We rotated at club meetings who would be the lead with the other two of us assisting.</p> <p><b>CO-Chair</b> – Lunches for Sacramento County Fair dog show judges and Sacramento County Fair dog show clean up</p> <p><b>Committee Member</b> – Club garage sale fundraiser, Club Canned Food Drive Committee, Recycling club fundraiser, Club Budget, Club Bylaws, Record Book Help Panel for Sloughhouse 4-H club, Thank you Letters to 4-H Adult Leaders for SLF in 2012.</p> <p><b>CAL Conference</b> – I attended this conference and throughout the workshops I honed my leadership style to be more interactive with the group.</p> <p><b>Outside of 4-H</b> – Boy Scout Patrol Leader for eight months.</p>	L L L C L M I
<b>2010-2011 Committee Chair (1) Committee CO-Chair (3)</b>	
<p><b>Chair</b> – JMG Reminder Call Committee</p> <p><b>CO-Chair</b> – 4-H JMG Sacramento County Fair Watering Committee, Club Snack, Sacramento County Fair Dog Show Prize Collection.</p> <p><b>Committee Member</b> – Club Fundraiser Fresh Choice, Club Fundraiser Recycling, Club Meeting Clean Up, Club Snack Friendship Fruit Salad. .</p>	L L L
<b>2005-2010 Committee Chair (1) Committee Member (26)</b>	
<p><b>Chair</b> – Club fundraiser Grange Breakfast</p> <p><b>Committee Member</b> – Dropped off oranges donated to local food closet, JMG snack committee, JMG reminder calls, Club fundraiser Grange Breakfast server, brought pie for club pie eating contest, Sacramento County Fair miniature gardens watering committee, Goat walking practice, parade decorating, cell phone drive, JMG group exhibit set up at Sacramento County Fair, Sacramento County Fair JMG wheelbarrow watering committee, American River Clean Up etc. . . .</p>	L C/L

### Citizenship/Community Service Summary

Citizen and Community Service Highlights	Level
<b>2013-2014 25 activities 47.75 service hours</b>	
State Field Day set up committee	S
CA Ag Day promotional flyer distribution to congressional staff at the Capitol	S
Ca Ag Day Event – Manned Eco-bots Station	S
Flag retirement ceremony held at North Central Section Citizenship Weekend	M
Community Service Las Posadas camp clean up held at North Central Section Citizenship Weekend	M
Mock Trails held at North Central Section Citizenship Weekend	M
Volunteered as a teacher in the Gardening for Community ROR project	L
Worked the Sierra Arden Church Annual Thanksgiving Food Closet	L
<b>2012-2013 17 activities 24 service hours</b>	
*Volunteered for National Read Across America Day at Peter J. Shields Elementary School –Read to 3 classrooms.	N
Wrote a letter to a soldier in Afghanistan	L
Baked cookies for local fireman	L
Worked at the Sierra Arden Food Closet Thanksgiving Food Distribution	C
Baked cookies to donate to Loaves and Fishes	L
Worked at the Sierra Arden Food Closet Christmas Food Distribution	C
<b>2011-2012 9 activities 31.5 service hours</b>	
Volunteered at the Sacramento County Fair monitoring school group tours	C
Worked at the Sierra Arden Food Closet Thanksgiving Food Distribution	L
Ring stewarded at several dog shows	L
*Volunteered at the Sacramento Food Bank and Family Services	I
<b>2005-2011 71 activities 168 service hours</b>	
Bike Ride to benefit the Mustard Seed School for Homeless Children	S
Manned 4-H State Fair Booth	S
Presented to 80 students at an elementary school about the Guide Dog program	C
Assembled 4-H Flash county newsletters	C
Brought therapeutic animals to assisted living facilities to visit the seniors	C
Helped teach about the importance of the Guide Dog program at Methodist church	C
Farm Day – Alice Birnuy Elementary School - brought my chickens and talked to kids about the 4-H program	C
Sierra Arden Food Closet – passed out food to needy families at Thanksgiving and Christmas food closet distributions	C
Juvenile Dermatomyositis Drive – Donated recycling	C
Harvested fruit and donated it to the Cordova Food Locker	L
Rancho Cordova Food Locker – bagged food and oversaw a food distribution table	L
Ring Stewarded for the Sacramento Dog Training Club Obedience Trial	L
Watched two Guide Dog puppies in training: Ardella and Annadale	L
Made thank you cards for a soldier and fireman.	
*Move America Forward Care Packages for USA Troops-helped package 1200 boxes	I
*Donated to the County Animal Shelter	I

\*Refers to activities outside of 4-H