



Sarah [REDACTED]

Clever Clovers

Yolo County

2014/15



4-H Record Book

Table of Contents

<i>Section</i>	<i>Page</i>
<i>Section 2</i>	
Personal Development Report.....	3
<i>Section 3</i>	
My 4-H Story.....	13
<i>Section 4</i>	
<u>Arts and Crafts</u>	
Annual Project Report.....	19
Expression Page.....	24
Teen Leadership Development Report.....	25
<u>Knitting and Crochet</u>	
Annual Project Report.....	29
Expression Page.....	33
<u>Pets & Small Animals-Countywide</u>	
Annual Project Report.....	34
Expression Page.....	38
Teen Leadership Development Report.....	39
<u>Table Setting</u>	
Annual Project Report.....	44
Expression Page.....	49
<u>Thrive Leadership Project</u>	
Annual Project Report.....	50
Expression Page.....	53
<u>Clever Clover Club Vice-President</u>	
Teen Leadership Development Report.....	54
<i>Section 5</i>	
Collection of 4-H Work.....	58
<i>Section 6</i>	
Previous Years' Records.....	69

California 4-H Youth Development Program Personal Development Report

County: Yolo County

Name of 4-H Club/Unit: Clever Clovers

Program Year: 2014/15 Total Years in 4-H: 4
(Include years as a primary member)

Name: Sarah [REDACTED]

Birth Date: [REDACTED] Gender: Male * Female

Age on December 31: [REDACTED] Grade in School: 10th
(of the program year listed above)

Address: [REDACTED]

City: [REDACTED] State: CA 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	Meetings Held	Meetings Attended	Hours Attended	Percent Attended
During the current year, 80% attendance is required for any achievement rank <i>Do not include project meetings.</i>	10	10	10	100%

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

Member's Signature: [REDACTED] Date: 5-20-15

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

Parent/Guardian Signature: [REDACTED] Date: 5/20/15

4-H Community Club/Unit Leader's Signature: [REDACTED] Date: 5/20/15

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 <small>Transfer credits from previous years to the column headed "Total From Past Years."</small>	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	14	5	19	2*	4*	8*	12*
2. 4-H Project Skill Activities	19	12	31	4	8	15	20
3. 4-H Events Attended	29	19	48	12	25	40	60
4. Leadership Development	30	18	48	10	20	30*	40*
Junior or Teen Leader	3	2	5	(0)	(0)	(2*)	(4*)
5. Citizenship & Community Service	33	13	46	10	20*	30*	40*
6. Communication Skills	46	18	64	12*	24*	36*	48*
4-H Presentations	14	4	18	(4*)	(7*)	(10*)	(15*)
7. Honors and Recognition	24	18	42	5	10	15	20
8. Lifestyle Activities	33	12	45	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

[Redacted Signature]

5/30/15

4-H Club/Unit Leader's Signature

Date

Personal Development Report: Participation

1. 4-H Projects Completed This Year				
Star Requirements: Bronze 2, Silver 4, Gold 8, Platinum 12				
Total Past Years: 14 Total This Year: 5 Total All Years: 19				
<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. Arts and Crafts	4	4	6	100%
2. Crochet/Knitting	4	4	8	100%
3. Pets & Small Animals	8	7	7	87.5%
4. Table Setting	5	5	7	100%
5. THIVE – Leadership Project	4	4	14	100%
TOTALS	25	24	42	
AVERAGE			8.4	97.5%

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.

2. 4-H Project Skill Activities				
Star Requirements: Bronze 4, Silver 8, Gold 15, Platinum 20				
Total Past Years: 19 Total This Year: 12 Total All Years: 31				
Date	Hours	Level	Activity Title & Brief Description	Location
8-2014	40	M	Exhibited 4-H crochet projects at the Yolo County Fair – 3 entries	Yolo County Fairgrounds
8-2014	40	M	Exhibited 4-H quilting project at the Yolo County Fair	Yolo County Fairgrounds
8-2014	40	M	Exhibited 4-H photography at the Yolo County Fair – 3 entries	Yolo County Fairgrounds
5-2015	25	C	Exhibited 4-H arts & crafts project at 4-H Spring Show	Yolo County Fairgrounds
5-2015	25	C	Exhibited 4-H table setting at 4-H Spring Show – 2 entries	Yolo County Fairgrounds
5-2015	2	C	Pets & Small Animals presentation on Cats at 4-H Spring Show	Yolo County Fairgrounds
2/14/15	.25	C	Took a Knowledge Quiz on Table Setting at Yolo County Presentation Day	UC Davis
2/14/15	.25	C	Took a "Plant ID" Knowledge Quiz at Yolo County Presentation Day	UC Davis
2/14/15	.25	C	Judged a Table Setting Display at Yolo County Presentation Day	UC Davis

5/30/15	.25	S	Reviewed all of the 4-H State Field Day 2016 Logo Contest Entries and voted on my top 3 entries	UC Davis
5/30/15	.5	S	Participated in the Judging Contest at 4-H State Field Day	UC Davis
Project Skill Activities Outside of 4-H (<i>List up to two significant project skill activities</i>)				
6-2014	4	M	Taught arts & crafts at Girl Scout Camp to various aged girls	Nelson's Grove, Woodland, CA
Total Number:				12

3. 4-H Events Attended

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

Total Past Years: 29 Total This Year: 19 Total All Years: 48


Date	Hours	Level	Event Title	Location
9/24/14	2	C	Yolo Leader's Council Meeting	Norton Hall
10/20/14	2	C	Yolo County Achievement Night	Lillard Hall
10/22/15	2	C	Yolo Leader's Council Meeting	Norton Hall
11/1/14	3	C	Yolo County 4-H Officer Training	Norton Hall
11/10/14	.5	L	Clever Clovers Achievement Night	Norton Hall
12/8/14	2	L	Clever Clovers Holiday Potluck	Norton Hall
1/28/15	2	C	Yolo Leader's Council Meeting	Norton Hall
1/31/15	2	C	4-H Record Book Workshop	Norton Hall
2/9/15	1.5	L	Clever Clovers Pie/Dessert Auction	Norton Hall
2/14/15	3.5	C	Yolo County Presentation Day	UC Davis
2/25/15	2	C	Yolo Leader's Council Meeting	Norton Hall
3/14/15	2	C	Yolo County 4-H Movie Night	Norton Hall
3/25/15	2	C	Yolo Leader's Council Meeting	Norton Hall
5/1/15	11	C	Farm Connection Day sponsored by the Yolo County Farm Bureau	Yolo County Fairgrounds
5/1-3/15	6	C	Yolo County 4-H Spring Show	Yolo County Fairgrounds
5/27/15	2	M	4-H Animal Science Symposium	UC Davis
5/27/15	2	C	Yolo Leader's Council Meeting	Norton Hall
6/12/15	2	L	Clever Clovers End of Year Celebration	Taylor Residence, Woodland, CA
5/30/15	3	S	4-H State Field Day	UC Davis
Total Number:				19

4. 4-H Leadership Development

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

Total Past Years: 30 Total This Year: 18 Total All Years: 48

Required: Junior/Teen Leader Development Report				
Total Past Years: 3 Total This Year: 2 Total All Years: 5				
Gold = 2 Platinum = 4 Met Requirement <input checked="" type="checkbox"/> _YES <input type="checkbox"/> _NO				
Date	Hours	Level	Leadership Activity	Location
8/17/14	2.5	M	Docent/Host at Yolo County Fair for Youth Division Entries	Yolo County Fairgrounds
11/1/14	3	C	4-H Officer Leadership Training	Norton Hall
12-2014	4	L	Committee Chair – Clever Clovers Holiday Potluck	Norton Hall
2-2015	4	L	Committee Chair – Clever Clovers Pie/Dessert Auction	Norton Hall
3-2015	4	C	County-wide 4-H Movie Night planning committee member	Brock Residence/Norton Hall
5-2015	6	L	4-H Spring Show Club Display Committee Member	Brock Residence, Woodland, CA/Yolo County Fairgrounds
5/1/15	6	C	Student Host at Farm Connection Day	Yolo County Fairgrounds
5/23/15	3	C	Selected to be a Yolo County 4-H All-Star for the 2015/16 year	Norton Hall
6/12/15	2	L	End-of-Year Celebration Planning Committee Member	Brock Residence, Woodland, CA
2014/15	15	S	4-H State Incentives & Recognitions Committee Member	Ag & Natural Resources, Davis, CA
2014/15	3	S	4-H State Incentives & Recognitions Sub-Committee – 4-H Uniform Guidelines	Ag & Natural Resources, Davis, CA
2014/15	20	L	2014-2015 Clever Clovers Club Vice President	Woodland, CA
2014/15	6	L	2014-2015 Club Communications Officer	Woodland, CA
2014/15	12	C	Yolo County 4-H Thrive Leadership Project	Woodland, CA
2014/15	10	C	Teen Leader- Countywide Pets and Small Animals Project – Yolo County	Woodland, CA
2014/15	6	L	Teen Leader- Arts and Crafts Project	Woodland, CA
Leadership Development Outside of 4-H (List up to two significant leadership activities)				
2014-15	50+	L	WHS Sophomore Class Secretary/Treasurer	██████████
2014-15	50+	L	WHS Key Club Secretary	██████████

5. 4-H Citizenship & Community Service				
Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40				
Total Past Years: 33 Total This Year: 13 Total All Years: 46				
Date	Hours	Level	Citizenship Activity	Location
12/8/14	.25	L	Donated toys to the Toys for Tots program – Club Project	Norton Hall
12/17/14	2	C	Helped sort toys at the Toys for Tots Toy Drive	Yolo County Fairgrounds
12/19/14	3	I	Made and donated two crocheted hats to the Fourth & Hope Shelter as part of the Crochet Project	Woodland, CA
12/8/14	.25	L	Donated socks, gloves, and underwear to Woodland Youth Services as part of Club Service Project	Norton Hall
2-2015	2	L	Donated and helped to collect clothing and linens for recycling and/or donation to under privileged countries – Club Service Project	Norton Hall
3/18/15	3	C	Zamora School – 4-H Animal Show and Tell to the Special Education Classes	Zamora Elementary
3/9/15	1	L	Assembled and donated a movie-themed silent auction basket to the 4-H Green & White Social	Woodland, CA
4-2015	3	L	Sold Raffle Tickets to Support Clever Clovers Boosters program	Woodland, CA
4/29/15	1	C	Volunteer – Helped to set up Creative Arts & Sciences Building for 4-H Spring Show	Yolo County Fairgrounds
5/27/15	.25	C	Led the Pledge of Allegiance and the 4-H pledge at a Yolo Leader's Council Meeting	Norton Hall
5/30/15	.25	S	Donated beans, soup, soap and shampoo to the UC Davis Collegiate Community Service Project at 4-H State Field Day – The Pantry on the UC Davis campus will benefit from the donation	UC Davis
Citizenship/Community Service Outside of 4-H (List up to two significant citizenship activities)				
2014/15	25	I	Wintertime Warmth – Collected warm clothing through my church as a community service project, then	

			donated them to the Fourth & Hope Shelter	
2/12/15	5	I	United Way Day of Caring Potty Drive – Collected toilet paper & diapers for various non-profit agencies to distribute to clients	Woodland, CA
Total Number:				13

6. 4-H Communication Skills				
Star Requirements: Bronze 12, Silver 24, Gold 36, Platinum 48				
Total Past Years: 46 Total This Year: 18 Total All Years: 62				
Required: 4-H Presentations Total Past Years: 14 Total This Year: 4 Total All Years: 18				
Bronze = 4 Silver = 7 Gold = 10 Platinum = 15 Met Requirement <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO				
Date	Hours	Level	Communication Activity	Location
10/9/14	7	L	Wore 4-H shirt during National 4-H Week and explained to ASB about leadership opportunities in the 4-H program	WHS
11/10/14	.25	L	Reported to Club on 4-H Officer Training	Norton Hall
12/10/14	.25	C	Reported to Yolo Leader's Council, Clever Clovers community service activity in the month of December	Norton Hall
1/28/15	.25	C	Reported to Yolo Leader's Council on Clever Clover's fundraising and community service projects	Norton Hall
2/9/15	.25	L	Reported to the Club about the table setting project meetings	Norton Hall
2/14/15	3.5	C	Prepared and presented an Illustrated Talk on the Pink Game at Yolo County Presentation Day	UC Davis
2/25/15	.25	C	Reported to Yolo Leader's Council on Yolo County Presentation Day and Clever Clovers community service projects	Norton Hall
2/25/15	1	C	Prepared and presented an idea for a county-wide movie night to the Yolo Leader's Council	Norton Hall
4/13/15	.25	L	Presented my crochet project to the Club as part of Club Show & Tell Night	Norton Hall
4/13/15	.25	L	Informed club about table setting and napkin folding concepts as part of Club Show & Tell Night	Norton Hall
5/1/15	.5	C	Prepared and presented an Illustrated Talk on the Pink Game at	Yolo County Fairgrounds

			Yolo County Farm Connection Day	
5/1/15	.5	C	Prepared and presented an Illustrated Talk on the Pink Game at Yolo County 4-H Spring Show	Yolo County Fairgrounds
5/3/15	.5	L	Prepared and presented an Illustrated Talk on the Pink Game to the Arts & Crafts Project	Johnson Residence
5/11/15	.5	L	Prepared and presented an Illustrated Talk on the Pink Game to the Clever Clover club	Norton Hall
5/11/15	.5	L	Prepared and presented campaign speech for Clever Clovers President position for the 2015/16 year	Norton Hall
5/11/15	.25	L	Reported 4-H Spring Show results for Pets & Small Animals, Arts & Crafts, and Table Setting	Norton Hall
Communication Development Outside of 4-H (<i>List up to two significant communication activities</i>)				
2/12/15	1	I	Prepared and presented a report to Woodland Joint Unified School District (WJUSD) on Woodland High School's recent activities on behalf of the school's Associated Student Body (ASB)	WJUSD, Woodland, CA
5-2015	10	I	Successfully campaigned for position of Junior Class Vice-President for the 2015/16 school year including developing a video, posters, and flyers	WHS Woodland, CA
Total Number:				18

7. 4-H Honors/Recognition				
Star Requirements: Bronze 5, Silver 10, Gold 15, Platinum 20				
Total Past Years: 24 Total This Year: 18 Total All Years: 42				
Date	Hours	Level	Honor or Recognition	Location
8/13-17/15	.25	M	1 st Place and Outstanding Exhibit-Quilt –Yolo County Fair	Yolo County Fairgrounds
8/13-17/15	.25	M	1 st Place- Crocheted Hat-Yolo County Fair	Yolo County Fairgrounds
8/13-17/15	.25	M	1 st Place- Crocheted Doily-Yolo County Fair	Yolo County Fairgrounds
8/13-17/15	.25	M	1 st Place- Crocheted Baby Bunting-Yolo County Fair	Yolo County Fairgrounds
8/13-17/15	.25	M	1 st Place- Photography- Black and White Animal-Yolo County Fair	Yolo County Fairgrounds

8/13-17/15	.25	M	1 st Place- Photography- Black and White Travel-Yolo County Fair	Yolo County Fairgrounds
8/13-17/15	.25	M	1 st Place- Photography- Still Life-Yolo County Fair	Yolo County Fairgrounds
10/20/14	.25	C	Received Yolo County 4-H Presentation Proficiency Award	Lillard Hall
10/20/14	.25	C	Record Book Competition: Yolo County-Gold Seal	Lillard Hall
10/20/14	.25	C	Received 4-H Gold Star ranking	Lillard Hall
11/10/14	.25	L	Record Book Competition: Clever Clovers Club-Gold Seal	Norton Hall
2/14/15	.25	C	Received 100% on plant identification quiz at Yolo County Presentation Day	UC Davis
5/1-3/15	.25	C	Outstanding Achievement- Table Setting (Informal) : 4-H Spring Show	Yolo County Fairgrounds
5/1-3/15	.25	C	Best of Division: Arts and Crafts - Planted Concrete Hands - 4-H Spring Show	Yolo County Fairgrounds
5/1-3/15	.25	C	Best in Show: Pets and Small Animals - 4-H Spring Show	Yolo County Fairgrounds
2014/15	-	L	100% Attendance at Club Meetings	Norton Hall
Honors and Recognition Outside of 4-H (<i>List up to two significant honors</i>)				
2014/15	-	I	Made Principal's Honor Roll both semesters of High School	██████████
2014/15	-	I	Received H.E.R.O.S. (Honesty, Equity, Respect, Openness, Excellence, Sensitivity) Award from my school (must be nominated by a teacher and then selected)	██████████
Total Number:				18

8. Lifestyle Activities				
Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40				
Total Past Years: 33 Total This Year: 12 Total All Years: 45				
Date	Hours	Level	Activity or Organization	Location
8-2014	10	M	Yolo County Fair Exhibitor –Fresh Vegetable Basket	Yolo County Fairgrounds
8-11/2014	100	L	JV Volleyball Team	WHS
9-2015	40	L	Sophomore Class Homecoming Float Committee	WHS
11-2014	6	S	Participated in State 4-H Record Book Competition - Medalist	Davis, CA
2014-2015	25	L	WHS Key Club	WHS

2014-2015	15	C	WHS/PHS Rotary International Interact Club	Woodland, CA
2014-2015	20	C	United Methodist Church Youth Group Member	UMC
2014-2015	10	L	Girl Scout Senior Troop #437	Woodland, CA
2014-2015	500	I	Working as Lifeguard/Swim Instructor for City of Woodland	Woodland, CA
2014-2015	10	L	WHS Blood Drive Volunteer	WHS
2014-2015	40	I	Self- Employed Babysitting/Petsitting throughout the community	Woodland, CA
2014-2015	10	L	California Scholarship Federation (CSF) Club	Woodland, CA
Total Number:				12

My Story

Being in 4-H has altered my life in ways that are significant to it for the better and for worse. I am 16 years old and this has been my fourth year in the program. I joined 4-H because of several friends who were in my local club, and since I became a member, I have evolved tremendously. Since my first year, I have been involved in more than one project every year; I have held four different leadership positions, have excelled in completing my Record Book and have been very proud of my accomplishments. To me, 4-H isn't only about completing minimum Record Book requirements to receive your auction check, or attending a minimum amount of meetings to get credit for a project. Personally, I think 4-H is a structured way of deciding your different interests and hobbies, a great place to learn to become a better leader, another platform for community service, and a place to meet new friends from other clubs and organizations. For years, I wanted to join 4-H and get to be a part of the experiences. However, other commitments took up my time and energy. It wasn't until my 7th grade year that I was able to find time to enroll in the program. Ever since the first club meeting I went to, I have been mesmerized by the different amounts of energy and diversity that the program has in comparison to the previous organizations I have been involved in. Being new to the program, I wanted to be a part of all of the different opportunities.

The club I am enrolled in wasn't focused as much on Record Books and leadership development when I joined, but more on the aspect of raising animals and participating in activities related to them. However, once I joined, I realized I enjoyed completing Record Books and being in leadership positions more than I enjoyed raising animals. I was one of the only members that were primarily focused on completing a quality, competitive Record Book in my

club. Because the club I'm in isn't as involved in Record Books, it has been a personal journey to learn about them, and about the correct way to complete them. I have had to contact people at both the county and state level to receive answers regarding the Record Book and some of the sections within it. Since my first year in 4-H, I, with the help my mom generously gave me, I have helped the community club leaders to grow the Record Book involvement within the club.

My interest in Record Book also led me to apply to be on the 4-H State Incentives & Recognitions Committee for the 2014/15 year. I just completed the first year and have been selected to continue for a second year. Through this Committee, I have been able to gain a broader understanding of all of the types of 4-H recognitions and I have been involved in the re-design of the Record Book Manual being launched for the 2015/16 year. Additionally, I was able to help implement the new 4-H Uniform Standards for the upcoming year.

This year, I entered the fewest number of completed projects I ever have in Spring Show. I was in five projects, and I managed to enter at least one item for every project except for one. In the past years, I have submitted multiple entries in many categories, and found I have placed fairly well at the countywide Spring Show. However, this year I procrastinated doing my work for a long time and didn't end up getting as much done as I'd hoped to. I learned important lessons about time management, and how someone has to be willing to devote enough time to something if they want to excel at it. I allowed myself to get off task when working on projects, which greatly affected the final product. From my experience with not finishing my projects on time, I learned that one has to be fully committed throughout the entire year, as opposed to just at the end when everything is coming to a close.

The one project I didn't enter anything in was Knitting and Crochet. At the beginning of the year, I decided to create a shell stitch full size afghan, using baby yarn. Because of the size of the yarn, it is typically used to create small things, and I chose to use it to create something massive. Because I was so naïve about the time commitment, I was only half finished with the project by the Spring Show. I planned to only enter the blanket because I thought it would be fairly tedious and time consuming, but I underestimated how long it would actually take. Although I took on the role of Teen Leader, lack of other project members prevented me from fulfilling this position. I was the only member involved in the project, and decided to mostly work on my afghan throughout the year and during each of the meetings.

For the third consecutive year, I was involved with the Arts & Crafts project, this year as a Teen Leader. We had five members of varying ages and gender. Planning projects that appealed to both the girls and the boy proved to be challenging. I found the best plan was to have a couple of project choices each meeting so that everyone was happy. Patience proved to be what I most learned and what I plan to take into my future Teen Leader positions.

In addition to Knitting/Crochet and Arts & Crafts, I was in Table Setting, THRIVE Leadership, and Countywide Pets & Small Animals. I served as the Teen Leader for the Pets project and was able to help some of the younger members gain confidence in presenting information about their animals.

Throughout this 4-H year, I worked on becoming a more rounded out leader in all of my events in 4-H, and extracurricular activities. I set a goal at the beginning of the year to try to make Platinum star ranking, become a Yolo County 4-H All Star, and be a Teen leader for multiple projects including one that took place countywide. During all my years in 4-H, I have

wanted to be an All Star, and this year I finally reached my goal and was selected as one of the newest members of the All Star team for the 2015/16 year. Over the year, I was involved in a lot of extracurricular activities; in addition to the things I committed myself to at school. I held leadership positions at school in ASB and Key Club, and was involved in Interact Club, Girl Scouts, and Youth Group at my church. I took on a lot of responsibilities in the different clubs and organizations in the past year, including in 4-H. Luckily, I was able to balance most of my time between my commitments. Unfortunately, I was unable to keep my commitment of the project meetings, but was unable to finish the projects I entered in show by the due date.

In addition to a greater focus on leadership activities, I tried to take part in both 4-H and other community service projects. Although my 4-H club wasn't as active in this area as I would like, I participated in a couple events that brought me great personal satisfaction. I have known for a long time that there is a huge need for diapers among those less fortunate in the community. Empower Yolo, The Food Closet, Fourth & Hope, the Pregnancy Support Group, and the Yolo County Department of Social Services are all in need of diapers for their clients. The local United Way, upon my suggestion, added diapers to their annual Potty Drive (a toilet paper drive). I was able to help make educational signs and to staff a booth in front of Walgreens to encourage shoppers to contribute diapers to our Day of Caring. Although we didn't collect as many as I hoped, I want to continue to pursue this and try to make next year a bigger success. I am planning on trying to make this a countywide 4-H collaborative effort that can help to better educate our community on the needs and gain wider support for contributions.

I am also very proud of the Wintertime Warmth project I started through my church five years ago. I spend the months of November and December encouraging members of my church congregation to donate hats, gloves, coats, scarves, socks and blankets so that they can be shared

with the local homeless shelter, Fourth and Hope. This service project includes counting each type of item, bagging and delivering them to the shelter. Through other's generous donations, the numbers of items have kept growing. In addition to store-bought donations, I ask a crochet and knitting group within my church to help throughout the year by making scarves and hats. When the cold weather hits, I feel good that I have tried to make a difference. I'm looking forward to another successful Wintertime Warmth project this year.

Although not related to 4-H, I have had the opportunity through ASB this year to be the alternate school representative to the Woodland Joint Unified School Board. It truly is an opportunity to be a part of the local community and to see citizenship in action. The elected school board members work very hard to ensure that their decisions are the best for our local schools. I believe that my input and questions have helped frame some of the issues from a student perspective and achieve a better overall outcome.

As a new 4-H All Star, my first task this summer was to design and build an educational 4-H Display for the Yolo County Fair. Since there are only two county All Stars and the other one was busy, the Display became my solo project. The displays' purpose was to educate and inform the community and was to be judged on overall design, lighting, message clarity, and creativity. There were cash prizes for award winning displays. While this project wasn't technically a service/learning project, the research into the 4-H mission, desired outcomes, and measureable impacts really helped me learn more about 4-H. Using recycled materials, some creativity and some clear twinkle lights, I designed and built a display that won 2nd Place out of 15 entries and won Yolo County 4-H \$250. Hopefully some of the fair-goers took away information on the 4-H Program that will lead them to join one of the ten 4-H clubs in my county.

I have learned a lot of valuable lessons this year, from the beginning of the 4-H year, to Spring Show; I was able to learn how to manage my time better, how to be a better leader and communicate with people more effectively, and many other useful skills. The past years in 4-H have been unexplainably helpful to my growth and development as a person, and I am really grateful that the club I am in has so many reliable and competent people to help me become a better leader and 4-Her.

I look forward to my role as a Yolo County All Star this next school year and helping other young people to explore the many areas that 4-H has to offer. I plan to focus on promoting countywide service projects and perhaps leading a 4-H Color Me Green Run. I believe that developing more cross-club and countywide events will ultimately enhance the opportunities for kids to experience a greater variety of activities and to learn more from each other.



California 4-H Youth Development Program

Annual Project Report

Submit one form per project.

Members may add additional pages if needed.

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Arts & Crafts	Years in Project	3
4	Number of project meetings held	100%	% Attended
4	Number of project meetings attended		

LEARNING EXPERIENCES

Explain what you did, what you learned, and the skills you gained in the project.

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

Date	Level	Hours	Activity Title Location Learning Experience
1-25-15	L	1.5	<p>Project Meeting – [REDACTED]</p> <p>During this meeting, I was introduced to all of the members that could attend. The project leader and I had planned to have the participants decide between making 'Zentangles', creating a Valentine's Day tree, and doing wire art. I was in charge of assisting in cutting out hearts for the younger members for the V-Day tree. The tree consisted of a tree trunk that was made out of their hands, cut out hearts for flowers, and other sized hearts for leaves. The project was fairly simple but it was a great gift for the members to give to anyone of their choosing, or to hold onto for themselves. By being in charge of this particular craft, I learned that age definitely affects skill level and hand-eye coordination. Some of the members had a more difficult time creating the tree because</p>

			<p>of all of the cutting that was tedious and time consuming. They had to have enough patience to take the time to see the project to the end instead of stopping halfway through. I definitely gained skills in having patience. Although none of the kids decided to complete a Zentangle, now that I learned how, I love how relaxing the freeform drawing really is and find that I like to do them to relax.</p>
2-22-15	L	1.5	<p>Project Meeting – ██████████</p> <p>The same members attended this meeting as the last meeting. There was only one person that was absent. The leader and I had asked the members at the last meeting what crafts they wanted to do this meeting, and they said they wanted to work with duct tape, and create jewelry. Therefore, we tried to make both those things possible. Some of the members worked on making Duct Tape pouches, and others made wire necklaces and beaded bracelets. I was put in charge of working with the project members who wanted to make duct tape pouches. After working on making a few with them, the members and I learned that certain types of glue work better to attach the zippers to the pouches. We tried a hot glue gun, but it didn't hold well. We finally resorted to Gorilla Glue and weighting down the glued area until dry. One of the members worked with wire and created a name necklace. Although I didn't work with the wire, I learned by watching her that you need to plan ahead before you start bending the wire so you know how the letters will connect to each other.</p>
3-15-15	L	1.5	<p>Project Meeting – ██████████</p> <p>This is the third meeting of the Arts and Crafts project, and the same amount of kids showed up, and there was still the same person absent from the meeting. At the last meeting, the members said they wanted to use clay to make things of their choice. Therefore, the project leader purchased some craft clay, and quick dry concrete to use as an alternative to the clay. I was put in charge of</p>

			<p>helping people create concrete hands. The concrete powder mixture was mixed with water to create the right consistency, and then the mixture was evenly distributed between two gloves, and propped up by rocks and sticks. The concrete is then dried by letting it sit and harden, and then once you've cut off the gloves that surround the concrete interior, you are left with two hands that look like little bowls that you get to use for different things like a planter or key holder. I learned that the concrete becomes hot as it dries inside the gloves, so all the members and I learned not to touch them once you are done setting them with rocks and sticks, otherwise you can get burned. Because I was helping everyone else, I decided to make my concrete hands at another time so I could really pay attention to how I formed the fingers. I really wanted to make hands that looked as if they were cradling the plants "in the palms of their hands". I was pleased with the outcome of my hands and look forward to applying my skills gained in working with quick set concrete to create some other type of project.</p>
4-19-15	L	1.5	<p>Project Meeting – [REDACTED]</p> <p>For the final Arts and Crafts meeting, some of the members finished painting their clay pieces that they created at the last meeting, and others painted 8"X12" art canvases that were requested to be provided at this meeting by the members. At this meeting, I learned that everyone will be more involved if they are given options that interest them. Because we had boys and girls, we had to make sure the projects were of interest to everyone. Also, we had ages ranging from 8-13. I had to learn to expect different attention spans depending on the age of the member. I also gained skills in helping the members combine paint colors to create different shades and hues that could be used for shading on their canvases.</p>

Number	List things made, raised, grown, or improved.	List honors or awards earned.
1	Concrete Hands planted with succulents	Best of Division – Arts & Crafts – Yolo County 4-H Spring Show

List citizenship activities	List leadership development activities
I taught Arts & Crafts at Girl Scout Summer Camp in 2014 and plan to do it again in 2015. I gave my Concrete Hands planted with Succulents to my Grandma for Mother's Day. I explained how I made it and told her how to take care of the succulents. . I encouraged the other members of the Arts & Crafts Project to give some of their projects as gifts to family and friends.	2 nd Year as Teen Leader for Project

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
Quick-Dry Concrete	1	\$8.00	\$0.00
Rubber Gloves	2	\$0.50	\$0.00
Succulents	4	\$3.00	\$0.00
Totals		\$11.50	\$0.00
Total Profit or Loss		\$11.50 Loss	

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?

If someone were to take this project in the future, I would advise them to try to decide the different things they want to enter in Spring Show from the beginning when the project starts. Personally, I procrastinated and didn't get all the work done that I wanted to enter, and therefore didn't get to. If I would've started completing my projects from the beginning, I would've had more time to complete them and I wouldn't have had to rush to finish them. I advised the other members in the project to try to complete the project they were working on at each meeting, before the end of the hour and a half session. That way, they didn't almost finish and then take the project home and not complete it in time for show because they got distracted doing other things. Overall, if somebody was to ask me what I learned, I would tell them that I learned not to procrastinate, and that you have to be completely interested in the project you are enrolled in in order to stay engaged and concentrated throughout the whole year. Otherwise, you may start not wanting to attend meetings, or not being participative throughout them because the activity doesn't spark your interest.

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

4-H Member's Signature: [REDACTED]

Date: 5-20-15

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

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

Date: 5/20/15

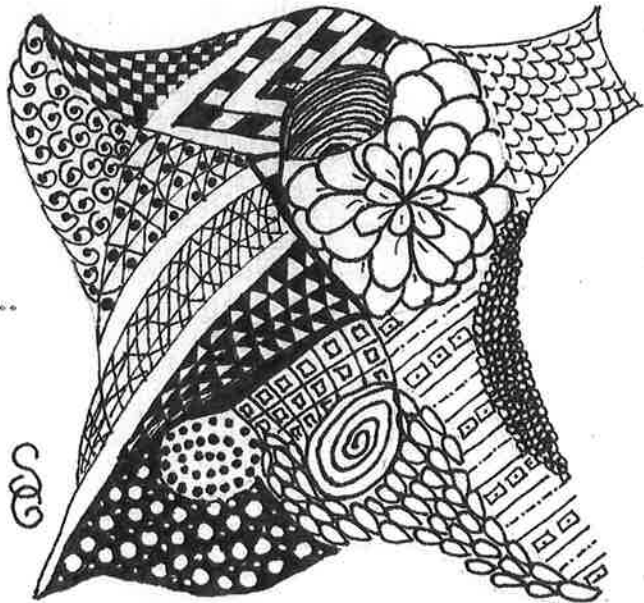
ZENTANGLE

A Zentangle is an abstract, patterned drawing created according to the tenets of the Zentangle Method. Using a 3.5 inch square tile, the artist creates a structured pattern according to whim. No technology, special materials, or background is needed. Here are the guidelines:

- The tile should not have an “up” or a “down” – it is without orientation.
- It should not be representative of any certain recognizable object; rather, it should be abstract.
- The drawing should be completed in black ink on white paper.
- A Zentangle is meant to be portable, so that it can be created at any time the mood strikes.

How to do it:

- Cut your paper into a 3.5” square
- Draw a light pencil line around the edges – the pattern goes inside the pencil line – it shouldn’t be straight
- Draw a “string” inside the border – usually curved or squiggle that will lend structure to the design
- Use a thin tipped Micron pen in black and start drawing
- Do not erase or scratch out – turn a mis-stroke into a new design
- Have fun and relax





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

Submit one form per project or activity.

Add no more than 2 additional pages, if needed, to answer all of the questions.

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Arts & Crafts	Years in Project	3
Club	Clever Clover	Number of Members	5
Project Leader's Name	[REDACTED]		
<input type="checkbox"/> Leadership Development Project	<input type="checkbox"/> Junior Leader	<input checked="" type="checkbox"/> Teen Leader	
<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:

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

Arts and Crafts have many different categories and options that can be taught. Arts and Crafts is a very broad term, but in 4H, it is considered to be the creation of something that fits underneath certain categories in the 4H project entry book. A member can enter almost anything that meets the criteria stated in the book, and there is always an "Other" category that fits items that don't fall into a specific category. Because there are such a wide variety of options available to enter, the Arts and Crafts project is a great one to be involved in if you want to experience creating new things that you may not have tried before. This project is important because it really lets a person tap into their own creativity and artistic ability.

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?

When being a junior/teen leader for certain projects, you aren't as involved as you may be in others. For example, I have a lot more members enrolled

in Arts and Crafts than in Knitting and Crochet, thus causing me to have to be a lot more involved and attentive with each student than in a different project. The Arts and Crafts project this year has the most members entered in it than any other project I have ever helped to lead. Therefore, it will challenge me to stay committed and to contribute the same amount of guidance and energy as I typically would with fewer people. I want to be able to connect with each member and relate to the types of projects that they will be working on at each meeting, and because there are so many enrolled, I will have to challenge myself to stay committed and focused on their goals and help them achieve them. I want to connect with each of them and hopefully help contribute to them having a positive experience.

3. Pursue Strategies

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

In order to reach my goals, I will try to continue being dedicated and committed during each meeting. If I continue being devoted, then potentially the people in the project will feed off my model and stay committed to the project as well. At each meeting, I will check in with each member to find out how they are doing with their progress, and what kinds of improvements they are making. By the final meeting, I will do my best to make sure that each member has completed at least one project to enter in show, so that they can be working on the other ones at the last meeting and putting the final touches on them before they are to be entered.

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?

Some things that could get in my way are people not attending the meetings, not being self-motivated to finish projects during and after the meetings, and allowing myself to stray away from my idea of keeping members on task. To make sure everyone attends the meetings, I will call them if their attendance begins to lack throughout the year to make sure they are aware of the meeting dates, locations and times. If a member is not self-motivated to complete a project, I will help design a completion plan for each thing they are making, so it is as easy as possible for them to complete the project outside of the allotted meeting times. If I begin to stray away from my plans regarding keeping the members involved and focused in the program, then I will look back at my Teen Leader Report and remind myself of the goals that I had promised myself to keep.

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

I would advise a member that nothing is ever impossible just because it's

difficult. If someone is struggling with a certain project, the problem can always be resolved; the resolution just may be more difficult to figure out. I would tell them that in order to achieve something great, it typically takes a long time to get to the final product. A lot of the advice I've stated may seem fairly cliché, however I feel it relates well to this situation.

Approval of Plans

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

4-H Member's Signature: [REDACTED]

Date: 5-20-15

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

4-H Project Leader's Signature [REDACTED]

Date: 5/20/15

Junior and Teen Leadership Development Report (Continued)

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?

In this project, I was responsible for teaching members certain crafts at each meeting, for collaborating with the project leader on planning the meetings, and for keeping the members interested and involved throughout the project year. During the year, I found an interest in making 3D art, and painting and creating art on canvases. I learned specific things about certain crafts. For example, when making cement hands, you shouldn't touch them while they're drying because they become extremely hot and can potentially burn you.

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?

Out of the 6 Cs, I think I developed connections, enhanced my contributions, gained confidence, and became more caring throughout the year. This project helped me grow significantly because it had the most members enrolled as any project I had helped lead in the past. I got to learn more about managing my time and spreading my attention evenly throughout each member that needed my assistance.

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

In the upcoming years when I am a Teen Leader for another project, I will be able to look back on my advancement in my capabilities to contribute, to have confidence, and to connect with the members I am leading. I will be able to communicate to people with greater ease because of the experience I got communicating with groups of people in this project.

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

Sarah did much of the planning for the project meetings. Since we had girls and a boy, she had to come up with ideas that would appeal to both genders. Ages ranged from 8-13 so projects also had to work for different ages. Sarah likes to keep meetings fun for the other kids and makes people laugh. She has a lot of patience and is good at demonstrating skills, but letting the kids do it themselves.

Approval of Report

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

Member's Signature: [Redacted]

Date: 5-20-15

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

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

Date: 5/20/15



California 4-H Youth Development Program

Annual Project Report

Submit one form per project.

Members may add additional pages if needed.

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Crochet/Knit	Years in Project	4
4	Number of project meetings held	100%	% Attended
4	Number of project meetings attended		

LEARNING EXPERIENCES

Explain what you did, what you learned, and the skills you gained in the project.

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

Date	Level	Hours	Activity Title Location Learning Experience
1-24-15	C	1	<p>Project Meeting – Spin a Yarn</p> <p>This was the first meeting for the Knitting and Crochet project. We took a field trip to Spin A Yarn in Winters. We looked at different types of yarn including worsted, cotton, DK, and sock weight. I decided to buy sock weight sized yarn that was an alpaca/tencel blend because it was so soft. I think I will make boot toppers or fingerless gloves. I need to decide if I will use one strand or two strands thick of yarn, which would give me a different thickness of the final product.</p>
2-7-15	L	.5	<p>Project Meeting – Davis Farmer's Market</p> <p>For this meeting, we took a trip to the Davis Farmers Market. We talked to Skyelark Ranch about their wool, which was made into spun yarn by hand. I learned that thinner, more refined wool</p>

			yarn was actually two ply, or two thin strands spun together. The field trip was very interesting to me because I got to learn how the wool was created from the source and how the yarn that's typically bought at a department store pre-spun, is actually created.
2-10-15	C	4	Project Meeting – [REDACTED] Today I decided to participate in a 'Mystery Afghan Crochet Along', through the <i>Crochet Crowd</i> online. I picked out four different colors of CARON Simply Soft yarn, in grey, black, blue, and white. The first clue given to me was to create 20 granny squares using my primary color for the afghan which was grey. I spent many hours working on the afghan during this meeting, because the granny squares were fairly simple and easy to complete.
2-17-15	L	2.5	Project Meeting – [REDACTED] During this meeting, I had received the second clue, and I worked on adding an 'X' pattern over each of the granny squares, giving them more detail and intricacy. I made the design using white, which was one of my accent colors. This part of the afghan will use a few different stitches such as single crochet, half-double, and double crochet. Before Spring Show, I plan to complete my afghan and be able to enter it in show. I think this particular pattern is intriguing because nobody is aware of what the final product will look like when it is finished.

Number	List things made, raised, grown, or improved.	List honors or awards earned.
1	Partially completed afghan	N/A
20	Crocheted granny squares embellished with a crochet "X"	N/A

List citizenship activities	List leadership development activities
Made and donated 2 crochet hats to the Fourth & Hope Homeless Shelter	Registered to be a Teen Leader for the 3 rd year, but did not have anyone else sign up for the project.
Encouraged all the knitters and crochet lovers at my church to busy their needles to provide hats and scarves for my annual Wintertime Warmth Clothing Drive for Fourth & Hope. I put an article in the weekly bulletin and the monthly church newsletter.	As a Program Aide at Girl Scout camp, I taught kids how to use braided and knotted yarn in making structures out of "found and leftover" objects.

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
Lion Brand Babysoft Yarn	8	\$32.00	\$
CARON Simply Soft	10	\$40.00	\$
Totals		\$62.00	\$
Total Profit or Loss		\$62.00 loss	

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?

If I were to give advice to someone regarding being in the 4-H Knitting and Crochet project, I would tell them to always try to learn something new during each meeting. Many members decide they like to do a certain stitch, or make a particular thing, and I don't think that's appropriate in 4-H. The project is a great way to learn a wide variety of stitches, and excel at the ones you already know. The reason for having project leaders and teen/junior leaders is so that they can help you excel at the project and learn new things. Therefore, they will always encourage you to increase your abilities and realm of stitches and products that you know how to create. If I were to advise someone who was thinking about taking the project, I would tell them to always try to learn about new knitting/crochet patterns and stitches, and to try their hardest to complete all of the projects they enter instead of only completing some before show and not being able to finish all of them.

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

4-H Member's Signature:

Date: 5-20-15

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

4-H Project Leader's Signature:

Date: 5/20/15

EXPRESSION PAGE

150 Rows - Good size Afghan

Row 1

Chain 6, Double Crochet in 4th, 5th & 6th chain

Row 2

Chain 6, Double Crochet in 4th, 5th and 6th chain
Slip stitch in chain 3 of row 1.
Chain 3, Double Crochet in small chain 3 space

Row 3

Chain 6, Double Crochet in 4th, 5th & 6th chain
Slip stitch in chain 3 of row 2, chain 3

Repeat Across

Start decreasing on the 76th Row.

Crochet across to the last set of 4 double crochets. Slip stitch into the chain, turn to go back the other direction, slip stitch to the chain, chain 3 and 3 double Crochet in that chain, then slip stitch into the next chain 3, chain 3 and 3 double Crochet across.

Repeat till completed.

*18 - 3 1/2 yds for 18" square
11.5" x 39" covering 60" = 11 skeins (each 100g)
Baby Afghan 10" x 4" x 1/4" = 60" x 60"*



My favorite yarn - it is very soft!

Above is the pattern I am using to crochet my afghan. I learned the pattern as the "Grammy Stitch" since it is the only stitch my grandmother who taught me knows, and she doesn't read patterns. I have been told by others that it is really called a "Shell Stitch". I think it will always be the "Grammy Stitch" to me for sentimental reasons. The pattern above was originally typed out on her typewriter years ago and has been photocopied many times. The hand writing is her's to tell me how much yarn to buy for different sizes of blankets.

What I have learned most about this pattern is that I always have to count my stitches to make sure I end up with a perfect square. The pattern is made from corner to corner and it is very easy to mis-count on the last stitch of each row. If you miss the last stitch, you will not end up with an even blanket. It is an easy pattern to learn and I encourage others to try it.



California 4-H Youth Development Program Annual Project Report

Submit one form per project.

Members may add additional pages if needed.

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Countywide Pets & Small Animals	Years in Project	2
8	Number of project meetings held	87.5%	% Attended
7	Number of project meetings attended		

LEARNING EXPERIENCES

Explain what you did, what you learned, and the skills you gained in the project.

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

Date	Level	Hours	Activity Title Location Learning Experience
10-18-15	C	1	Project Meeting – Norton Hall I was unable to attend because I had to be at a State Incentives and Recognitions meeting at UC Davis. It was considered excused.
11-15-14	C	1	Project Meeting – Norton Hall This was my first meeting that I had attended. I was the only member who attended, so the project leader talked about what animal I was going to do my presentation on, and talked a bit in depth about the type of animal itself. I had decided to enter my cat Mia in show for the 2014-2015 year, so we talked about different cats' tempers and personalities. Also, my leader told me that I should look into the different types of medicines, shots, and foods that cats need to have. I went over my goals for the year as the Teen Leader for the

			project, and Nancy Cannan, the project leader, signed off on my Junior/Teen Leader report form prerequisites.
12-20-14	C	1	<p>Project Meeting – Norton Hall</p> <p>During this meeting, I gave a small oral presentation on my cat, and talked about some details I had included, regarding the different types of cats and general facts about the breeds. I learned that it is encouraged to have a great deal of knowledge about the overall breed, instead of just your cat in particular. In addition to me giving my speech, a new member showed up for this meeting, and talked to Nancy and me about her guinea pig that she may potentially enter into show.</p>
1-17-15	C	1	<p>Project Meeting – Norton Hall</p> <p>Three members attended this meeting including me, one with a dog, with a guinea pig, and with a cat which was me. Nancy and I agreed that it would be smart for the member who is doing their report on a dog to look up particular background information regarding the breed and its history. The member was asked to take pictures and to research medicine and shots that were typically given to dogs in general. I learned things about both dogs and guinea pigs since I don't own either. This meeting took place at Norton Hall, which is where many 4H events take place, making it easy for 4H members to navigate their way to meetings and events that take place there.</p>
2-21-15	C	1	<p>Project Meeting – Norton Hall</p> <p>At this meeting, I was the only one who attended, so therefore, Nancy and I discussed what I would talk about for my presentation at Spring Show. We went over the basic concepts that needed to be mentioned when giving your speech and presenting your board at Show. We also talked about the needs of a broad scale of animals, including lizards, dogs, rabbits, and cats. I learned many informational facts about lizards, such as the fact that they can lose most of their body parts and</p>

			are capable of re-growing them if need be.
4-18-15	C	1	Project Meeting – Norton Hall I was unable to attend because I had to be at a State Incentives and Recognitions meeting at UC Davis. The Project Leader and I e-mailed about progress on project board and plans for Spring Show. It was considered excused.
6-13-15	C	1	Project Meeting – Norton Hall We discussed how we performed at Spring Show, lessons learned in the Project and ideas for next year.

Number	List things made, raised, grown, or improved.	List honors or awards earned.
1	American Short Hair Cat Presentation	Best of Show – Pets & Small Animals – Yolo County Spring Show

List citizenship activities	List leadership development activities
Took my rabbit, Bella, to Zamora Elementary to share with the kids in the Special Needs Classroom. Five of us collectively shared a goat, miniature pig, lamb, calf, and my rabbit.	Teen Leader for the Project

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

Cat	1	\$75	\$0
Cat Food	5	\$50	\$0
Cat Litter	4	\$35	\$0
<i>Frontline</i> Flea Medicine	3	\$120	\$0
Cat nail trimmers	1	\$10	\$0
Totals		\$290	\$0
Total Profit or Loss		\$290 loss	

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?

If someone else was taking the Pets and Small Animals project, I would advise them to do research on their topic. Many people do the project only to express their knowledge of their own animal, but I have learned from personal experience that you score higher when giving your presentation if you can give the judge some background research on the overall breed and well-being of the type of animal. Also, I advise someone taking the project, to not wait until the last minute to complete your poster board, and plan out your speech. It is easy to plan your speech the night before your presentation and expect it to be great, but the only way to ensure that is to practice it for a while beforehand, get feedback from other people regarding how it sounds and how it could be improved, and potentially work on memorizing it to be more impressive to the judge. The judge doesn't necessarily want to see you only read off your poster board, so it helps to know some of the knowledge that isn't written on your board, to prove that you understand what you're talking about, and that you have spent time working on the project.

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

4-H Member's Signature: [Redacted]

Date: 5-20-15

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

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

Date: 6-13-15

EXPRESSION PAGE



Although I've always loved my cat, Mia, I learned more about cats during my project. I always thought that Mia was a "tabby" breed. I learned that the term tabby is used to describe her striped coloring, not her breed. She is considered an American Domestic Short Hair breed with grey, tabby coloring. Since I picked her out at the local animal shelter, I'll never truly know her breed, but based on the type of hair and body shape, I am assuming her breed.

I also learned that cats should be spayed or neutered prior to their 6 month birthday and they should receive their immunizations in the first 6 months. Feline distemper, rhinotracheitis, rabies, and clicivirus are the primary diseases that cats are vaccinated against.

Most importantly, I learned that cats need to be stimulated regularly with toys and exercise. Basically, they just need to play!



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

*Submit one form per project or activity.
Add no more than 2 additional pages, if needed, to answer all of the questions.*

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Countywide Pets & Small Animals	Years in Project	2
Club	Clever Clovers	Number of Members	3
Project Leader's Name		Nancy Cannon	
<input type="checkbox"/>	Leadership Development Project	<input type="checkbox"/>	Junior Leader * Teen Leader
<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:

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

In the pets and small animals project, 4-H members of all ages get the opportunity to show any animal of their choice to the judges and other 4-H members. Pets and small animals is different from most other animal projects because you don't have to bring your animals to the show with you. Instead, participants are required to bring a poster board describing their animals and its everyday life. Some people do the project for its simplicity, and others do it because it gives them an opportunity to show animals that do not fit into a category anywhere else in show. It is also a great way for new or young 4-H participants to do an animal project without taking on the responsibility of a large animal.

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?

Throughout the project year, I want to reach my goal of not procrastinating and waiting until the last minute to finish my project to enter into show. Also, I want to make sure that all the project members are setting goals throughout the year to achieve so it doesn't seem like such a tedious task when it comes to Spring Show time and nobody has their project completed yet. I want to work specifically on my contribution to the project and the amount of energy that I am willing to put forth to make the project run smoothly. If everyone in the project is willing to attend meetings and complete the final products, then I know that the project will run smoothly.

3. Pursue Strategies

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

In order to reach my goals, I will do my best to attend all project meetings so I can keep up with all the other members' progress. I want to be able to stay updated on all members' projects and their current location on the timeline they will have set that will lead them to reaching their goals. Other members hopefully will be involved enough in the project to be willing to respect my goals that I have set for the year. This year, I plan to stay in constant communication with the project leader in order to plan the upcoming meetings and events that the Yolo County Pets and Small Animals project is involved in.

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?

Many things can possibly get in the way of achieving my goals, but I don't plan to let them. Events such as poor attendance at project meetings, no involvement when members are at meetings, and other things can greatly tamper with the goals I have set. If attendance becomes an issue, I can collaborate with all the project members and the project leader to find dates and times in everyone's calendars to schedule meetings so everyone can attend them. If involvement becomes an issue, then Nancy Cannon and I can communicate one-on-one with the members to find out ways that we can help make the project more enjoyable for them. There are solutions for all problems that may arise throughout the year, and with the help of others, the project leader and I can make sure this year goes very smoothly.

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

If someone were struggling with a task, I would advise them to talk to others about their problems. It is never positive to keep things that could cause larger issues "bottled up". Instead, one should talk with people that they trust and get the problem that they have sorted out. Even if it's a personal problem, sometimes involving others to a certain degree is the best route to

take. If a person doesn't have anyone reliable to talk to in the family, then they can always go to another adult that is trustable. There are also facilities that someone can go to that are designed especially for troubled people.

Approval of Plans

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

4-H Member's Signature:

[Redacted Signature]

Date: 11-15-14

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

4-H Project Leader's Signature:

[Redacted Signature]

Date: 11-15-14

Junior and Teen Leadership Development Report (Continued)

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?

In the Pets and Small Animals project, my responsibility was to help each of the members prepare their speeches and poster boards. Also, I was responsible for helping to run the meetings. Typically, a Teen Leader helps to plan the meetings, but the leader and I tended to only communicate via email, making it harder to plan an entire meeting through writing. My responsibility was to help ensure that the meetings ran smoothly and everyone remained on task. When I was the only one who showed up at the meetings besides the leader, we planned the next meeting and talked about my project. I identified the fact that I like cats a lot more than I anticipated. I have owned a cat my entire life, but I never truly understood how much I liked them until I did this project.

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?

During the project year, I developed my contribution skills, my confidence, and my ability to care for others. This project helped me grow because I contributed continuously to the members and their needs during and after the meetings. I learned a lot by always being there to help them, about what it really means to fully contribute to something.

Junior and Teen Leadership Development Report (Continued)

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

In the future, I will use the skill of contribution in all of my daily activities. In the past, sometimes I may have put myself before others, and this project helped me to realize that others should always come before you if you want to consider the idea of you being put before others sometimes. I will be responsible outside of 4H because I got to learn about being the leader, and having everyone depending on what you're doing and what you've done. Having everyone count on you makes you reconsider the choices you make and how it will affect others.

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

Sarah was very helpful calling the kids and talking about what Pets & Small Animals project is. She is a good speaker & ready to help with whatever she can.

Approval of Report

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

Member's Signature:

[Redacted Signature]

Date: 6-13-15

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

4-H Project Leader's Signature:

[Redacted Signature]

Date: 6-13-15



California 4-H Youth Development Program

Annual Project Report

Submit one form per project.

Members may add additional pages if needed.

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Table Setting	Years in Project	1
5	Number of project meetings held	100%	% Attended
5	Number of project meetings attended		

LEARNING EXPERIENCES

Explain what you did, what you learned, and the skills you gained in the project.

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

Date	Level	Hours	Activity Title Location Learning Experience
1-10-15	L	1	<p>Project Meeting – Mast Home</p> <p>I was unable to attend the first meeting because I had to go to the Thrive Leadership project that was also scheduled at the same time. I met with the leader later to pick up the handouts and review what they covered in the meeting. She considered it a made up meeting.</p>
2-7-15	L	1	<p>Project Meeting-Mast Home</p> <p>This was my first meeting that I attended for the Table Setting project. It was held at the Masts' house, which they kindly opened up to our project group. This is a cross-club project so there were also members from the Zamora Club. At this meeting, the members learned how to fold napkins into different designs, such as the 'Bishops Hat'. Everyone brought their own napkins to practice</p>

			<p>folding with, and folded different patterns that matched their potential table themes. I decided that I would use the 'Bishops hat' fold, and the 'fancy silverware pouch'. I decided that I was going to enter 2 different tables in show; one casual and one formal. The project leader talked to us about the requirements for the tables to be entered in show including size of table, centerpiece ideas, and menu.</p>
2-16-15	I	2	<p>Project Preparation – Grandma’s House, Ripon, CA</p> <p>With my grandma, I picked out the dishware that I wanted to use on my tables to enter. Grammy owns multiple sets of china, so I had a lot to pick from and didn’t have to buy any new dishware for competition. I borrowed a few of her linen napkins and practiced different folds of napkins with her help. My grandma lives out of town, so I brought a few of the napkins that I had folded back into town to remind myself of the way I folded them. I learned how to fold roughly 20 different unique folds, and I’m glad because my knowledge can help me in the future if I’m hosting a dinner party, or just wanted to fold my napkin in a unique way.</p>
4-20-15	L	1.5	<p>Project Meeting-Mast Home</p> <p>During this meeting, the other members and I reviewed the difference between setting a formal table and a casual table. To set a casual table, there are specific guidelines that differ from the formal table. I set up a ‘trial’ table, so I could practice the new setting techniques that I had learned. I learned many things during this meeting. One of which was that the handle on a cup should always run parallel to the side of the table, so that it’s easier to pick up.</p>
4-22-15	L	1.5	<p>Project Meeting- Schreiner Home</p> <p>This was our final meeting before Spring Show, and a lot happened in preparation. I ironed and starched my tablecloths and napkins for both tables so that they would look nice, and be creased</p>

			<p>properly. I set up my tables that I was planning on entering in Show, and showed them to the project leaders for them to critique and give me feedback. At this meeting, I learned that the size of menu on a table does not matter. In the past, I believed it had to be on an 8 ½ by 11 inch piece of cardstock, and possibly framed, but I was told otherwise once I asked. I also learned that I didn't have to wear whites for the show, just dress nicely.</p>
--	--	--	---

Project Report Form (Continued)

Number	List things made, raised, grown, or improved.	List honors or awards earned.
1	Casual Table Setting	Outstanding Achievement – 1 st Place
1	Formal Table Setting	1 st Place

List citizenship activities	List leadership development activities
I volunteered to work a Scholarship Dinner at my church and was able to properly set the tables in advance.	N/A

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
Card Tables	2	\$25.00	\$
54" Table Clothes	2	\$20.00	\$
Flowers (bunches)	3	\$22.00	\$
		\$	\$
		\$	\$
Totals		\$67.00	\$
Total Profit or Loss		\$67.00 loss	

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?

I would tell another member that this is a fun project. This was a cross-club project so I got to meet people from the Zamora 4-H Club. Although table setting might sound boring, it is actually an opportunity learn some skills that can be used later in life. If I ever have to entertain a future client, boss, mother-in-law, etc., I now know how to properly set a table. Also, since this project has Open Judging, you have the opportunity to work on and learn better public presentation skills. These skills could help in a job interview or scholarship interview.

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

4-H Member's Signature:

[Redacted Signature]

Date:

5-20-15

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

4-H Project Leader's Signature:

[Redacted Signature]

Date:

5/16/15

EXPRESSION PAGE

Will You Marry Me?

I learned the "hard way" that if I am going to serve a lobster tail in my menu, I have to provide a "fish fork". I had never heard of a fish fork!!!

MENU

Spring Greens, Bartlett pear and candied pecans with creamy balsamic vinaigrette

Broiled Lobster Tail with beurre blanc sauce, and garlic chives

Rice Pilaf

Oven Roasted Romanesco with shaved parmesan

Cheesecake with sliced strawberries and shaved dark chocolate

Water with lemon Sparking Apple Cider

I also was not able to articulate the ingredients in Rice Pilaf to the judges. Since competition, I have learned that rice pilaf is typically made with rice, onion, garlic, butter, stock and parsley. Based on cultural preferences, different spices, and sometimes meat or vegetables may be added. Now that I know what is in it, I need to learn how to make it.



This is a fish fork. Fish forks typically have two prongs or three where one is wider than the other two to more easily flake fish.



California 4-H Youth Development Program

Annual Project Report

Submit one form per project.

Members may add additional pages if needed.

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Leadership Development/THRIVE	Years in Project	3
4	Number of project meetings held	100%	% Attended
4	Number of project meetings attended		

LEARNING EXPERIENCES

Explain what you did, what you learned, and the skills you gained in the project.

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

Date	Level	Hours	Activity Title Location Learning Experience
11-22-14	C	3	<p>Project Meeting – Norton Hall</p> <p>This was the first Thrive meeting, and it was very different from all of the other project meetings I had had that year. We all introduced ourselves and talked about the rules for the year. Then, we went over the rules for the year, and began the curriculum. We talked about finding the balance between your physical and emotional being. One has to make sure they work together in unison to make a person be balanced.</p>
12-5-14	C	3	<p>Project Meeting-Norton Hall</p> <p>During this meeting, we began by stretching around the room. In the curriculum for the course, it states that there are certain exercises that stimulate your brain more than others. Once we were stretched, we learned ways to avoid</p>

			procrastination and the best ways to stay on track with the goals that you set for yourself. One way to avoid procrastination is to break a project down into smaller components so it is not so overwhelming.
1-10-15	C	3	Project Meeting-Norton Hall Like the other meetings, discussion was based on chapters four through six in the THIVE curriculum. Those chapters talk about good ways to make healthy food decisions. I was put in a group and asked to collaborate to make an ad that promotes healthy foods, and we all presented our final product to the rest of the project group. After we had presented, the Thrive leaders provided everyone with turnip seeds and asked if anyone wanted to plant them because they grow quickly and efficiently. During this meeting, I got to practice my communication and teamwork skills.
2-21-15	C	3	Project Meeting-Norton Hall At the final Thrive meeting, the group had an End-of-Year celebration which included having a scavenger hunt, making bicycle powered smoothies, and making salsa. I received another clover pin for being in the project for another year, and now I have two in addition to my Thrive pin that goes next to them.

Number	List things made, raised, grown, or improved.	List honors or awards earned.
1	Turnip Plant	3 rd Year THRIVE Clover

List citizenship activities	List leadership development activities
I used my leadership skills to assist in promoting a Blood Drive at my High School.	Watching the All Stars lead this project for the last 3 years inspired me to apply to be an All Star for 2015/16.

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
N/A		\$N/A	\$
		\$	\$
		\$	\$
		\$	\$
		\$	\$
Totals		\$	\$
Total Profit or Loss		\$N/A	

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?

If someone were thinking about taking this project, I would tell them that the concepts begin to sink in even more after you repeat the project for multiple years. Because I've been in the project for more than one year, I see some of the concepts that overlap from year to year, and am able to determine some of the most important points out of the curriculum because I've heard some of it before. If you take the project for one year, you don't get the full experience. I recommend taking the project for multiple years, to be sure you receive the full leadership message that the curriculum is teaching you.

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

4-H Member's Signature: [Redacted] Date: 5-20-15

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

4-H Project Leader's Signature: [Redacted] Date: 5/20/15

How can my emotions affect my health?

Your body responds to the way you think, feel and act. This is often called the “**mind/body connection.**” When you are stressed, anxious or upset, your body tries to tell you that something isn’t right. The following can be physical signs that your emotional health is out of balance:

- Back pain
- Change in appetite
- Chest pain
- Constipation or diarrhea
- Dry mouth
- Extreme tiredness
- General aches and pains
- Headaches
- High blood pressure
- Insomnia (trouble sleeping)
- Lightheadedness
- Palpitations (the feeling that your heart is racing)
- Shortness of breath
- Stiff neck
- Sweating
- Upset stomach
- Weight gain or loss



No one wants to experience those kinds of symptoms, especially as a child!

So here is some advice for teenagers based on what I learned:

- Try not to procrastinate – waiting until the last minute to complete assignments will only create more stress
- Get enough sleep – we teenagers are supposed to get 8-10 hours
- Make healthy food choices – yes, we should listen to our parents and eat our fruits and vegetables...
- Stay active – try a sport, take a walk, play outside
- Nurture your friendships – and not always just through social media – being social helps keep you healthier
- Laugh – finding the humor in a situation will make it less stressful
- Have fun!!!





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

*Submit one form per project or activity.
Add no more than 2 additional pages, if needed, to answer all of the questions.*

Name	Sarah [REDACTED]	Program Year	2014/15
Project	Club Vice-President	Years in Project	1
Club	Clever Clovers	Number of Members	38
Project Leader's Name	Colleen Brock		
<input type="checkbox"/> Leadership Development Project	<input type="checkbox"/> Junior Leader	<input type="checkbox"/> Teen Leader	
<input type="checkbox"/> All Star Ambassador	<input checked="" 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:

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

While being the Vice-President of Clever Clovers, I will take on the responsibilities of filling in as president when she isn't available, attending club meetings and ensuring that they run smoothly and according to plan, attend all Yolo County Leaders Council meetings and report important information from them back to the club. Being Vice President is very important to the club because the position helps to maintain a balance of leadership and responsibility on the executive panel. Having a Vice-President for the 4-H club is crucial because if the president is gone, it is very important to have someone that is there to fill in whenever needed.

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?

While being VP, I hope to get the club more involved in leadership and community service activities. Also, I hope to help the members get more involved in Record Books and learn more about them. Of the six C's, I hope to increase my confidence, connections, and contributions. I've never been a shy person when speaking in front of others, but I still hope to gain more

confidence and experience talking in front of large groups of people. I hope to make more connections with club members and leaders during my term in the 4H year. I feel that the only way to be able to guide and lead the members through different things is to make them trust you and be close to you as a person.

3. Pursue Strategies

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

Throughout the year, I plan to incorporate my goals into the different activities that the executive committee plans. At every club meeting, I plan to speak out to the club about at least three different things. Also, I hope to visit project meetings for almost every project so I can have more things to talk to the club members about that we can all relate to. Finally, I hope to contribute a lot more time into the club than I have in the past years. For the previous years I've been in the club, I've focused more on my activities and leadership progress, but this year I hope to include others in my activities and actions that I take to become a better leader and 4H member.

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?

Our Executive Board has some very strong personalities and it will be challenging sometimes to come to consensus. I plan to really work on my listening skills so that I can understand everyone's contributions to the discussions.

Because many of our club members are not interested in leadership and community service, it will be challenging for me to get members to be more involved. I hope to overcome this by making meetings and events more fun and incorporating club member's ideas into event planning.

Since many members are not interested in completing Record Books, I plan to show them how easy it can be if they do it throughout the year instead of the very end.

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

If another member were struggling with a challenging task, I would tell them to take a step back and re-evaluate the situation. Most of the time, people stress themselves out over problems that could be looked at and solved in multiple ways. Unfortunately, the person solving the issue typically doesn't look at all sides of the problem and therefore spends their time looking at one solution when there's actually multiple, and therefore ends up feeling the problem is unsolvable just because their solution didn't work.

Approval of Plans	
I have personally prepared this report and believe it to be correct.	
4-H Member's Signature: [REDACTED]	Date: 10-1-14
I have personally reviewed this report and believe it to be correct.	
4-H Project Leader's Signature: [REDACTED]	Date: 10-1-14

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?

While being a Vice President, I had to help maintain order throughout the members during the club meetings. Also, I was in charge of attending Yolo County Leaders' Council Meetings as a representative of the Clever Clovers 4H club. I attended executive board meetings as well as regular club meetings. The executive board meetings were created to help work with the president to plan club meetings, and typically happen a few days before the monthly club meetings. In addition to my direct duties given to me when I took the position, I committed myself to also attend as many club events as possible, and remain involved throughout the whole year in the different events that the club did. Being VP made me want to run for President for the 2015/16 year. I didn't always agree with the way the President chose to run the meetings, but supported her none the less. I learned that the Executive Board has to support each other to really be effective in the Club. Also, it is important to try to make club meetings fun as well as productive.

Although I was not voted in as President for the upcoming year, I will take the planning and communication skills I learned as VP into my position as County All Star.

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?

Throughout this leadership experience, I gained in my public speaking confidence, because I spoke at least five times in front of the whole club, which slowly built my ability to communicate effectively. Also, because of my increase in attendance to club events, I grew my connections with other club members. Being in a leadership position, it can be easy to forget that you're leading your own peers, and that you need to relate to them and communicate with them in a way that's most convenient for them, not for you. I learned more about this idea by attending different events and talking one on one with the members about the ways of communication that work best for them, and was able to talk to other executive board members to alter the way announcements were given at meetings about different topics.

During this process, I learned important lessons about communication and leadership that I was later able to pass on to other extracurricular activities outside of 4H.

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

I will be able to apply the different skills I've learned through 4H by including them in my other extracurricular activities, and by incorporating the lessons I've learned into my everyday life. At school, I'll be able to use my improved communication skills to talk to my peers and teachers. Also, it will be beneficial during class projects that include public speaking. In my life, I am involved in local and school government which involves public speaking, and being able to effectively communicate with people who are potentially important to my career as a person and as a student. Incorporating my newfound confidence when talking to them will benefit my ability to appear professional and productive. My increased confidence will help me in future job interviews and my experience in a leadership position will help improve the quality of my college applications and my job resume.

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

Sarah was a great asset to the Exee Board. She is creative and shared her ideas freely. Sarah is very dependable and always followed through with her plans. She is very patient and works well with the club members.

Approval of Report

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

Member's Signature: [Redacted]

Date: 7-2-15

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

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

Date: 7/2/15

COMMUNITY

Saturday, March 28, 2015 • MORE A' PLEASURE CONSULTATION AND TWITTER.COM/WISCONSIN4H

AGRICULTURE



PHOTO BY KRISTINA ORACEWICZ/CSH/4H

Recently, students at Zamora Elementary School were treated to a visit by members of the Clover Clovers 4-H Club and their livestock.

Zamora school welcomes some four-legged visitors

Staff reports

Recently, students at Zamora Elementary School were treated to a visit by

members of the Clover Clovers 4-H Club and their livestock.

Bonnie McGriff's special education class wel-

comed Derek Wien and Tim Horshuckie, who brought four members of the Clover Clovers 4-H club, along with their ani-

mal, food, and of course, rabbits to share with the students.

Kendall Winn brought her lamb, Sarah Gable

brought a rabbit, Adam Richter brought his goat, Maligh Kline brought her pig, and Horshuckie provided a newborn calf.

Visiting Zamora Elementary School with my rabbit, Bella, was one of my highlights of the 4-H year. I feel like I helped make a difference for a few kids. Their smiles tell the story of the day! This was my second year visiting the Special Needs classes and I hope to continue to share Bella each year.

This little girl loved how soft Bella felt.



It took more than 20 minutes for her to let me rub Bella on her cheek, but her teacher wanted me to keep trying. She plugged her ears and cannot see, but she smiled when she felt Bella. I was happy she let me get so close.



Bella and me



This is me and my cat Mia right before we went to compete in Pets & Small Animals at the Yolo County 4-H Spring Show. I felt confident giving a presentation on something that I love so much. Sometimes it is hard for me to speak clearly when I am nervous, but talking about my pet came easy. I was able to win "Best of Show" thanks to my furry friend.

It is amazing what some quick set concrete and a pair of rubber gloves can create. As a Teen Leader I got to help others create something that was fun to make. I chose to make mine using two gloves of concrete to simulate "holding something in the palms of the hands." I planted succulents since we are also in a drought. I was very happy with the finished product and won "Best of Division" at the Yolo County 4-H Spring Show.

Arts & Crafts



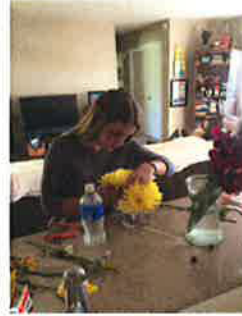
Knitting & Crochet



This is my fourth year in the Crochet/Knitting Project and I have entered a completed project each year and done well in show. This year I was a bit overly optimistic in what I could complete with my busy schedule. I chose to make a full-size afghan using baby yarn which is thinner and softer than traditional afghan yarn. I did not anticipate how much more time would be required using the thinner yarn. Unfortunately, it is only half done. In crochet terms, this is a UFO (unfinished object). Next year...



I spent a lot of time learning and trying different napkin folds. I was happy with the two I chose.



For my casual table, I chose to use yellow chrysanthemums, white carnations, and baby's breath to create a low arrangement in a crystal candy dish. I used tape to grid the top of the dish and keep the flowers upright and evenly spaced. I even learned what a floral frog is used for - something I had never heard of.



Table Setting



I entered in both the Casual and the Formal categories of Table Setting. Although I enjoyed both, I had the most fun with the Casual. I designed a theme around My Grammy's 83rd Birthday Brunch. I used her dishes in blue and yellow and many other pieces of dishware with sentimental value to me. Although I won a blue ribbon for both entries, I won an "Outstanding Achievement" for the casual table. I am now competent in setting a table the correct way!!



Casual Table Setting - "Grammy's 83rd Birthday Brunch"



Formal Table Setting - "Will You Marry Me?"

Contribution-Connection-Caring

Almost every club member contributed something for the auction. There was a great variety to pick from.



This year, I was in charge of our biggest club fundraiser, the Pie/Dessert Auction. Since I had no one else on my committee, I got to create the flyer, come up with the judging categories, serve as a judge (I recruited a few more to help), and of course clean up. The event raised \$459 for our club. I made a Kit-Kat Cake that sold for \$43 that won most "Most Colorful" and "Highest Bid".

This year at the Yolo County 4-H Spring Show, there was a "Club Display" competition between all the Yolo County 4-H Clubs. Three members of our Executive Board designed and built our exhibit. We were pretty excited - 2nd Place out of 10 entries. It would have been great to win, but with only three of us involved, I was proud of our 2nd Place. I was happy with the way it turned out.



President, Olivia Brock; Secretary, Cassidy Schreiner; and Vice-President, Sarah Gatie (me).

My favorite Service Project - Wintertime Warmth

I have been doing this service project since 2011. It started out as just a hat & mitten collection, but has evolved into all different kinds of cold weather clothes and blankets. I am proud of how many people I have helped stay warm. This is a thank you I wrote for my church newsletter to thank all the people for donating to my project during the 2014 holiday season.



Thanks to everyone's help, we were able to provide much needed items to Fourth & Hope to help adults and children stay warmer this winter. Your generosity allowed us to donate 18 coats, 46 scarves, 52 hats, 24 pairs of gloves, & 69 pairs of socks, and provide additional adult and children's clothing items. For all you crochet and knitters, keep your needles busy for next year. Your lovely items continue to warm those most in need!! My family and I are most thankful and appreciative of the giving hearts so many of you have shown.

Sarah Gatie

From: Delynda J Eldridge <djeldridge@ucanr.edu>
Date: Sat, May 23, 2015 at 1:15 PM
Subject: All-Star
To: [REDACTED] <[REDACTED]>, [REDACTED] <[REDACTED]>

Becoming a 2015/16 Yolo County 4-H All-Star has been the highlight of my 4-H year. I'm looking forward to serving in this new leadership role for Yolo County 4-H.

Dear Sarah and Robert,

Congratulations to both of you on being selected as 2015-2016 All-Star's!!!

You both will add so much to the 4-H program!!!

I am happy for both of you!!!!

Good job.

Delynda



ALL STARS
We have two new All Stars for the 2015-2016
year!

Sarah [REDACTED] from Clever Clovers

Robert [REDACTED] from Winters

Congratulations!

Watch for them at events next year.

4-H Display for Yolo County Fair



The display was supposed to promote 4-H, introduce the Yolo County 4-H All Stars, and highlight all that 4-H offers for young people. I was excited to design all the pieces including sewing the table cloth, and especially to win \$250 for Yolo County 4-H. Hopefully, I helped inspire more people to join 4-H in Yolo County.



I am excited to be selected again to serve on the State Incentives & Recognitions Committee. I have met amazing people and feel like I am helping to make a difference.

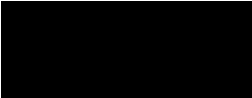
University of California
Agriculture and Natural Resources

California State 4-H Office

UC ANR
2801 Second Street
Davis, CA 95618-7774
Office: (530) 750-1334 / Fax: (530) 756-1148
ca4h@ucanr.edu
<http://4h.ucanr.edu/>



July 1, 2015



Dear Sarah,

Thank you for your application and interest in serving on the 4-H Incentives and Recognition Advisory Committee. I am excited to inform you that you have been selected. Your term begins July 1, 2015.

Your contact information will be added to the committee's roster and listserv. If you have any updates to your contact information, please contact the State 4-H Office at 530-750-1334. In order to participate in this committee, you must be enrolled for the 2015-2016 program year before your first meeting. Please contact your county office with questions regarding the enrollment process:

http://4h.ucanr.edu/Get_Involved/

The chair of your committee will notify you of upcoming meeting information. If you have questions before then, you may contact your committee chair at:

4-H Incentives and Recognition Advisory Committee Chairperson:

- Gemma Miner, 530-750-1338, gmminer@ucanr.edu

All travel expenses to advisory committee meetings will be reimbursed by the State 4-H Office. Please maintain all your original receipts and contact your chair for reimbursement information.

Thank you for serving on the 4-H Incentives and Recognition Advisory Committee. Your contributions will help to improve the California 4-H Youth Development Program.

Sincerely,

A handwritten signature in cursive script that reads "Shannon Horrillo".

Shannon Horrillo
Associate Director for 4-H Program & Policy
California 4-H Youth Development Program



YOLO COUNTY HONOR CERTIFICATE



This is to certify that

Sarah [REDACTED]

Is awarded County Honors in the 2013-2014

County 4-H record book winner



Delynda Eldridge

Delynda Eldridge, 4-H Program Representative

Yolo County Cooperative Extension University of California



4-H-1965

This is the flyer I made for the Holiday Family Potluck - We had great attendance and I think everyone had a good time.

WEAR YOUR UGLY CHRISTMAS SWEATERS/VESTS

LOCATED AT NORTON HALL

MONDAY, DECEMBER 8TH

STARTS AT 6:30

LAST NAMES: A-M

**PLEASE BRING APPETIZER OR SALAD*

LAST NAMES: N-Z

**PLEASE BRING A HOT DISH - Be Creative*

PLEASE BRING ENOUGH FOR 7 PEOPLE



WEAR YOUR UGLY CHRISTMAS SWEATERS/VESTS
AND DON'T FORGET TOYS TO DONATE FOR TOYS 4 TOTS

Questions: Call Sarah [REDACTED]

This is the flyer I designed for the Pie/Dessert Auction. I will most likely run this event next year again and I learned that we need to mark the desserts better as they are auctioned to make sure everyone takes home the item they bid on. We had a few problems this year!

Clever Clovers 4-H

PIE/DESSERT AUCTION

WHEN: February 9, 2015 – right after the meeting

WHERE: Norton Hall

WHAT: 4-Hers donate pies, cakes, and desserts to the club and we auction them off to raise money for the club!

Prizes will be awarded in the following Categories:

- “The Cleverest Clover” (most 4-H spirited dessert)
- Most Romantic
- Most Colorful
- Tallest Dessert
- Dessert that “sells” at the highest price



Remember to invite your family and friends to help us have a successful auction. Money will be due at the conclusion of the auction. Call Sarah at [REDACTED] or e-mail [REDACTED] with questions.



Summary of Previous 4-H Involvement

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

Summary of 4-H Projects		
Program Year(s)	Involvement & Level	Project Title and Brief Description
2013/14, 2012/13 & 2011/12 Jr. Leader (1) Teen Leader (1)	L – Competed at County Level	<u>Knitting/Crochet</u> – I am proud of learning a crochet pattern from my Grammy that I can now pass down to future generations. As a Jr/Teen Leader I taught a 7 & 8 year old how to crochet & knit. I have won 1 st Place: Best Overall in Jr Home Economics at the Yolo County Fair as well as other 1 st places at our Yolo County Show.
2013/14 & 2012/12 Teen Leader (2)	L – Competed at County level	<u>Arts & Crafts</u> – I am excited about several projects I taught; crayon melting art work and stepping stone painting. The creativity by all the project members was exciting to see and very rewarding.
2013/14 Teen Leader (1)	C – Competed at County Level	<u>Pets & Small Animals</u> – Since I could not show my mixed breed rabbit, I chose to participate in Pets. I continued to learn more about rabbits and most importantly learned how to create an effective presentation, both orally and through a Story Board. I was successful in getting Best of Show in County competition. I will be a Teen Leader next year to expand my leadership skills for this project and work closely with younger kids which is very exciting.
2013/14	C – Competed at County level	<u>Sewing/Quilting</u> – I partnered with a family friend to learn to quilt – a great way for me to pair my love of color, fabric, and art. I designed a Halloween Sudoku Quilt that took Best of Division.
2013/14	L – Competed at County Level	<u>Photography</u> – Although I don't have a regular camera, I was able to use my cell phone camera to capture some amazing images. I entered 9 images, with a black & white image taking Best of Division.
2012/13	L – Competed at County Level	<u>Rabbits</u> – I learned all about rabbits and most importantly, not to always trust the breeder of your animals since my rabbit ended up a “mutt”. I took 3 rd Place in Showmanship-Novice. Since my rabbit injured her claw during judging, I had to be flexible and finish my showmanship judging with a “borrowed” rabbit.
2011/12	L – Competed at County Level	<u>Cooking/Cake Decorating</u> – I perfected the Cake Pop recipe that won Outstanding Achievement and 1 st place in Decorating of Cake Pops.
2011/12	L – Competed at County Level	<u>Sheep</u> – I learned how to raise and care for two sheep. As this was my first and <u>last</u> large animal project, I learned that I become too attached to an animal to have to sell it at auction. I was successful in winning Reserve Grand Champion: Suffolk and 1 st Place in the Novice Category at Sheep Skills Day.

Summary of 4-H Leadership Achievements/Activities		
Program Year(s)	Involvement & Level	Leadership Position/Activity and Brief Description
2013/14 & 2012/13	C – Attended Leadership Program	THRIVE – The Leadership Project inspired me to work towards being an All Star which I have now attained. Teamwork, public speaking and motivating others are all parts of being a great leader.
2013/14	L – Teen Leader	Teen Leader: Arts & Crafts – I planned all meetings including projects and materials. We had 6 kids so I was often stretched thin which made it even more challenging. Teen Leader: Knitting/Crochet – I taught myself to knit so I could teach knitting. My student was 8 years old with limited attention span, but she successfully made a beautiful scarf.
2013/14	C – Club Delegate	Club Delegate to Yolo Leader's Council – Served as club liaison to County 4-H Board meetings.
2013/14	L – Club Officer	Club Secretary – Served as part of Club Executive Board insuring proper documentation of meetings.
2012/13	L – Junior Leader	Junior Leader: Knitting/Crochet – I planned and taught the crochet classes. My primary aged student was successful in making a scarf and most importantly gained confidence along the way.
2012 - 2014	L – Club Officer	Club Communications Officer - 2 yrs – I ensured Club members were informed of upcoming club meetings and events. I tried to make my phone calls informative and full of energy to encourage attendance.
2011- 2014	L – Committee Chair & Participant	Clever Clover Committees – I have chaired the Holiday Potluck Committee (3), the Pie Auction (2), the Welcome Back Pizza Event and the year-end celebration event (2). I have been involved as a committee member on the Achievement Night Team & community service projects such as Toys 4 Tots and canned food drives.
2012 - 2014	C-Participant	Countywide 4-H Officer Training – 2 years – learned the key roles of each member of Executive Board and how they need to work together.
2013/14	Outside 4-H	Woodland High ASB Vice-President for Freshman Class – responsible for all Homecoming activities and fundraising.
2013/14	Outside 4-H	Key Club – Served as club Secretary and part of the Executive Board
2011 - 2014	Outside 4-H	California Association of Student Leaders – For three years, served as a school representative to annual conference. I learned planning, team-building, and how to serve as a role model for others.
2011 - 2014	Outside 4-H	Youth Representative to Girl Scout Camp Committee – I helped plan summer camp activities for three years including themes, crafts, service projects, and unit structure. I was lead trainer for the other youth program aides and served as camp liaison with the adult volunteers. The event served 500+ kids.
2011 - 2013	Outside 4-H	Lee Middle School ASB –For two years, I chaired a Leadership Development Day at school. I worked with my Committee to plan the activities including speakers, ice-breakers, games, and event promotion. The event served more than 200 kids.

Summary of 4-H Citizenship Activities

Program Year(s)	Involvement & Level	Citizenship Activity and Brief Description
2011 - 2014	C	Toys 4 Tots – have participated for 3 years; donating, gathering, sorting and distributing toys during the holiday season in collaboration with the local Marine Corp League.
2011 – 2014	L	Canned Food Drive – have participated for 3 years, donating, gathering and delivering canned food to the local Food Closet.
2013/14	C	TROTR Rehabilitation Farm – Went through background and training to provide support to the TROTR project that pairs rehabilitating horses with people who can benefit from the love and care of a horse.
2013/14	L	Holiday Mail for Heroes – Holiday cards for military men & women.
2013/14	L	Socks & Pajamas Event – Donated, collected and delivered socks and pajamas donated by my 4-H club to the local Homeless Shelter.
2013/14	L	Christmas Food Basket – donated & assembled food baskets.
2013/14	L	Thanksgiving Food Basket – donated, assembled and delivered food baskets to 3 families in the community.
2013/14	L	Cellphones for Soldiers – donated used cell phones to project.
2011 - 2014	Outside 4-H: Individual	Wintertime Warmth – I have led a successful coldweather gear collection for the local Homeless Shelter for the past 4 years. I have delivered more than 50 bags of hats, coats, socks and blankets. I plan to continue this project each year since the need is so great. The gratitude from the shelter is amazing and drives me to expand this collection further into the community.
2013/14	Outside 4-H	WHS Blood Drive –Planned and promoted four school blood drives in partnership with the local BloodSource.
2013/14	Outside 4-H	Potty Drive – Toilet Paper and Diapers – Partnered with the Woodland United Way on their Day Of Giving to educate the community about the need for toilet paper and diapers within the non-profit services such as the homeless shelter, sexual assault & domestic violence and the crisis nursery. By locating outside of retail stores, we were able to encourage donation of items as we provided information.
2011 - 2014	Outside 4-H	Cooking Meals at Fourth & Hope Homelless Shelter – In conjunction with the United Methodist Church, I cooked and served dinner at the shelter on the fifth Fridays of the month. This was a youth effort consiting of 7 th – 12 th graders.
2011 - 2013	Outside 4-H	Go Dinners – In conjunction with the United Methodist Church I helped to make complete dinners that were sealed and frozen that were available to people within the church or people that were just hungry.
2011/12	Outside 4-H	Pet Food Drive – I led a pet supply drive through my school in partnership with a local store to collect pet food, collars and leashes for the Pet Pantry. The Pet Pantry collaborates with our local food closet to offer pet supplies to people who cannot afford to feed their animals. I made presentations to two elementary schools to encourage their participation and worked with businesses for donations.