

## **MEMORY BOOK: CREATIVE & EXPRESSIVE ARTS**

(County Only Project)

**Record Sheet:** Members are required to complete General Record Sheet and include the project each year.

**Overall Exhibit Requirements:** Due at Purdue Extension-Dubois County by June 15. (Pre-fair judged project) Please enter project into FairEntry by June 15.

Projects will be entered into the following classes for judging: Level A: Grade 3-4; Level B: Grade 5-6; Level C: Grade 7-9; Level D: Grade 10-12

Your 4-H Memory Book is an organized presentation of what you have learned and accomplished in 4-H. Your 4-H Memory Book should be neat, complete and organized in a logical sequence with repeating kept to a minimum.

The following materials as explained in the Memory Book materials should be included in your 4-H Memory Book: Cover titled "My 4-H Memory Book", Individual Photo, Dubois County 4-H Report Form as supplied in manual, your 4-H Story (essay of your 4-H experiences), Project or Activity Photographs and News clippings.

## YOUR 4-H MEMORY BOOK

### I. THREE PURPOSES OF YOUR MEMORY BOOK ARE:

1. Your record tells your 4-H story for awards and recognition. Be sure it represents you!
2. It serves as a record of your 4-H experiences and cherished memories of your 4-H days.
3. To help make the transition to constructing an Achievement Book easier. Your Memory Book will help prepare you for entering an Achievement Book in County, District, State, and National competition, starting at the age of 15. An Achievement Book is constructed similar to a Memory Book and may lead you to achievement awards, trips, and scholarships.

### II. BUILD YOUR RECORD BY:

1. Carrying the number of projects that seem wise for you considering your school, church and other community activities.
2. Taking part in various 4-H club activities
3. Collecting and saving clippings, pictures, record books, and other material that relate to your 4-H program.
4. Keeping all your materials in a special "4-H Box".
5. Learning about achievement awards in local and county meetings.
6. Entering your Memory Book for competition in the County.

### III. HELP YOUNGER MEMBERS BY:

1. Encouraging them to keep their 4-H records books, clippings, and pictures in their "4-H Box".
2. Acquaint them with 4-H Achievement Awards.
3. Encourage them to construct their own Memory Book.

## THE WAY TO ASSEMBLE YOUR RECORD FOR THE 4-H MEMORY BOOK

Your 4-H Memory Book is an organized presentation of what you have learned and accomplished in 4-H. When accurately kept and carefully assembled, it is a useful tool for determining your own progress and personal growth. Your 4-H Memory Book should be neat, complete and organized in a logical sequence with repeating kept to a minimum. This happens as the result of careful planning.

## PUTTING YOUR RECORD TOGETHER

The following materials should be included in your 4-H record. The sequence listed below is recommended when preparing our 4-H Memory Book.

1. Cover

Use an 8 1/2" x 11" 3-ring binder. Title "My 4-H Memory Book".

2. Individual Photo

Mount one school picture or similar photograph of yourself on the first page.

3. The Dubois County 4-H Report Form

The Dubois County 4-H Report Form consists of pages 4 through 16 of this manual. Each of these pages should be completed and inserted into your Memory Book. This form has been designed to help you outline your experiences and accomplishments. Add additional pages if needed.

4. Your 4-H Story

Your 4-H Story is an essay of your 4-H experiences. Story must be limited to 6 pages 8 1/2"x11" in size, printed neatly in ink or typewritten on one side and double-spaced. The story must emphasize your personal growth and development, community service experiences in your projects and activities. The title should be "My 4-H Story".  
Re-check your paper for spelling, grammar, punctuation and typographical errors.

The following outline may help you in developing your story:

- A. Introduce yourself - include your age, interests, parents, brothers and sisters, where you live, where you go to school, when and why you joined 4-H.
- B. Tell about the projects or activities, why you chose the project or activity, the things you have tried and found successful and some that were not so successful, how have you arranged for financing. Tell about the amusing things that happen with 4-H, add human interest to your story.
- C. Explain how 4-H has helped you become a better leader and citizen - describe the most important offices you have held and the committee assignments you have accepted; tell about what you have learned from working with other 4-Hers.
- D. Include your future plans (if any) such as college, trade school, career, etc. If 4-H has influenced your choice, be sure to mention it.

5. Project or Activity Photographs

Photographs should be used to illustrate the highlights of your projects or activities. They may be individual photos or a sequence. They may also show honors and recognition received, special practices followed and year-to-year progress.

Number of photographs used are NOT limited.

Use 8 1/2"x11" pages. Only use one side of the paper.

Caption each picture with a description of what is taking place in the photograph.

Mount pictures with rubber cement. Do not write on front or back of photographs.

6. Project or Activity News clippings

News clippings should be entered to show public recognition of awards or involvement in various 4-H activities.

Newspaper photographs should have a white dot above your picture to distinguish you from a group.

Written news releases should have your name underlined in red.

Use 8 1/2"x11" pages. Only use one side of the paper.

Put the date the event took place under or to the side of each clipping.

Number of news clippings used are NOT limited.

Mount news clippings with rubber cement. Do not write on the front of News clippings.

(4)

THE DUBOIS COUNTY REPORT FORM

To be printed in ink by the 4-H member or typed

NAME \_\_\_\_\_  
(first) (middle) (last)

BOY \_\_\_\_\_ GIRL \_\_\_\_\_ DATE AND YEAR OF BIRTH \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME TELEPHONE NUMBER \_\_\_\_\_

PLACE OF HOME RESIDENCE: (Check one)

\_\_\_\_\_ Farm (number of acres \_\_\_\_\_)  
\_\_\_\_\_ TOWN UNDER 10,000 OR OPEN COUNTRY  
\_\_\_\_\_ TOWN OVER 10,000

NUMBER OF YEARS IN 4-H (including this year) \_\_\_\_\_

NAME OF YOUR 4-H CLUB \_\_\_\_\_

NUMBER OF MEMBERS \_\_\_\_\_

STATEMENT 4-H MEMBER

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

Date \_\_\_\_\_ Signature of 4-H Member \_\_\_\_\_

APPROVAL OF THIS REPORT

Date \_\_\_\_\_ Signed: \_\_\_\_\_  
(Parent or Guardian)

Date \_\_\_\_\_ Signed: \_\_\_\_\_  
(Local 4-H Club Leader)

(5)

## EXPERIENCE IN 4-H PROJECTS

A. List your 4-H projects and what kinds of things you learned in your projects each year. List these first by project, and under each project by year.

Example: Photography

1980 - Learned to use a flash cube for taking pictures indoors.

1981 - Learned the importance of the balance of each object in the picture.

Foods

1980 - Learned how to set the table

Clothing

1980 - Learned how to preshrink fabric.

Learned the importance of patience in order to sew a straight line.

Learned the parts of the sewing machine and the basic sewing tools.

(6)

- B. List what you **ACTUALLY DID** in your projects. Try to use numbers to show how much, or how many articles made, dishes prepared, animals raised, project activities completed. List profit or loss, if you can apply it to your projects.

Examples: Photography

1980 - Took 80 photographs.

Mounted 10 photographs on a stiff backed board to display at the fair.

Foods

1980 - Set the table 20 times for my family.

Prepared salad and drink 10 times for family.

Made 5 dozen cookies, bar and drop varieties.

Exhibited 6 chocolate cookies at fair.

Clothing

1980 - Made 1 shirt and saved approximately \$5.00 over a purchased shirt.

Made 1 set of fringed placemats for family.

Exhibited 1 elasticized skirt at fair.

Beef Cattle

1980 - Raised 3 Polled Hereford Steers, fed, watered, and taught to lead.

Learned about grooming utensils and techniques for showing cattle, practiced grooming 10 times.

Exhibited 3 Polled Hereford Steers at fair, profit of \$100.00.

(7)

C. List demonstrations, talks, radio and television appearances, newspaper articles you've written about your 4-H project. Designate level of participation with the appropriate letters: Local (L), County (C), District (D), Area (A), State (S), Regional (R), National (N), or International (I).

Example: Photography

1981 - Gave talk about Photo-Processing shop tour (L). 23 present.

Foods

1980 - Gave demonstration "Sifting Flour The Right Way" (L) 15 viewed;  
(C) 26 viewed; (D) 55 viewed.

Clothing

1980 - Was interviewed on WBNL Radio to share my first experience in Fashion Revue. (C) approx. audience of 5,000 reached.



(8)

D. List 4-H workshops, field trips, clinics, judging events that you participated in. Designate level of participation with the appropriate letter: Local (L), County (C), District (D), Area (A), State (S), Regional (R), National (N), or International (I).

Examples: Photography

1980 - Attended photography workshop (C).

1981 - Toured photo-processing shop with my family (L).

Foods

1981 - Toured a meat packing company with my family (L).

Clothing

1980 - Visited a fabric store with county project leader (C).

1981 - Attended accessories workshop, Oakland City, IN (A)

Flowers

1981 - Judged zinnias for use as exhibit at fair (L).

AWARDS

E. List ribbons, Champions, Clean Pen Awards, Honor Groups, Showmanship trophies, and any other recognition you have received. Designate level of participation with the appropriate letter: Local (L), County (C), District (D), Area (A), State (S), Regional (R), National (N), or International (I).

Example: 1980 - Share The Fun Certificate, group act (C)

County Demonstration Contest - blue ribbon (C)

District Demonstration Contest - red ribbon (D)

Ribbons for exhibits at County Fair:

Photography - blue, champion (C)

Foods - red (C)

Clothing - blue (C)

Fashion Revue - blue, reserve champion (C)

Ribbons for exhibits at State Fair:

Photography - blue (S)

County Achievement Banquet - Photography project pin (C)

1981 - Share The Fun Certificate, group act (C)

Ribbons for exhibits at County Fair:

Photography - blue (C)

Foods - red (C)

Clothing - blue (C)

Fashion Revue - (C)

Swine - 2 blues, 1 red (C)

Swine Junior Showmanship Champion (C)

County Achievement Banquet - Photography project pin (C)

EXPERIENCES IN 4-H LEADERSHIP ACTIVITIES

F. List 4-H offices you held and committees you served on and tell what your responsibility was:

Examples:

<u>YEAR</u>	<u>OFFICE OR COMMITTEE</u>	<u>YOUR RESPONSIBILITIES</u>
1980	Telephone Committee	To call 5 members before each meeting to remind them of the meeting and other items regarding the meeting
1980	Refreshment Committee	To bring drinks for all members and leaders. To serve members at the meeting and to clean up after the meeting.
1981	Song Leader	To have 3 songs prepared to lead the members and leaders in at each meeting. Also teach 1 new song at each meeting.

(11)

G. Have you helped other 4-Hers with their 4-H Club Work or project work? If so, list the number of members you assisted, and how you helped them.

Examples: 1981 - Helped 1st year member set up for a foods demonstration.

                  Showed 3 1st year members what to put in their notebooks for each meeting - scratch paper, 4-H program books, 4-H project manuals, Achievement Card, pencil, letters received from Extension Office.

(12)

H. List things you have done to promote 4-H such as presentations before organizations, radio and TV appearances, etc. Designate level of participation and give your responsibility.

Example: 1986 - Taped 3 4-H promotion radio announcements for National 4-H Week (C)

Wrote 1 news article "Say Yes to 4-H" for State 4-H Week (C)

Made 3 posters for State 4-H Week to hang in our school lobby (C)

(13)

I. List the things your club or group did in your projects or activities. (Such as bake sales, Share-The-Fun, farm visits, tour of local businesses).

Example: 1980 - Club bake sale, made 3 dozen brownies.  
Share The Fun, group act "Who's on First?"

(14)

J. List citizenship and community service activities that your club has participated in. In each example, tell what you did. (Such as: paper drives, clean-up days, plant trees at your school).

Example: 1980 - At Club Christmas Party, rather than bring exchange gifts, each member brought canned food for local food bank. I brought 2 cans of corn.

K. List your INDIVIDUAL participation in school, church and community organizations other than 4-H; include participation, leadership roles, and honors received. List only your most meaningful experiences.

Example: Church

1980 - Received Sunday School Perfect Attendance Award.

Member of Jr. Youth Fellowship

1981 - Served as Acolyte during Worship Service (lighting of Alter Candles)

School

1980 - Received Perfect Attendance Award

Participated in County Spelling Bee, received 3rd place ribbon.

Member of 7th grade Girls Basketball Team.

Member of Band, flute.

Community

1980 - Rode bicycle 12 miles in Bike-A-Thon for St. Jude's Hospital, raised \$30.00.

Member of Girl Scout Troop #132, received merit badges in

Cooking and First Aid, was Leader's Helper at Brownie Day Camp

- helped with Crafts and Refreshments.

Participated in lighting of Community Christmas Tree, served hot chocolate to those attending.

Other

1980 - Attended local Dance Class, performed at 3 recitals, 1 solo performance, 2 group performances.

Member of local Summer Softball Team, played in 14 games.



(16)

"MY 4-H STORY"

YOUR 4-H STORY WILL FOLLOW "EXPERIENCES IN SCHOOL, CHURCH AND COMMUNITY".

SEE PAGE 2 OF THIS MANUAL FOR DETAILS OF "MY 4-H STORY".

Acknowledgments

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Kenny Eck, Dubois County, for reviewing Memory Book.

Revised 1988

## POINTS TO CONSIDER WHEN RATING 4-H MEMORY BOOKS

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Section	Excellent	Very Good	Good	Fair
<u>1. Cover</u>				
<u>2. The Dubois County 4-H Report Form</u>				
<u>I. Experiences in 4-H Projects</u>				
A. New Things Learned				
B. Size and Scope of Project				
C. Demonstrations, Talks, Radio and TV Appearances, News Article Written by 4-Her, etc.				
D. Workshops, Field Trips, Clinics and Judging Events				
<u>II. Awards</u>				
E. Ribbons, Trips, Trophies, etc.				
<u>III. Experiences in 4-H Leadership</u>				
F. Offices and Committees				
G. Helping other 4-H Club Members				
H. Promotion of 4-H				
I. 4-H Club Projects and Activities				
J. Citizenship and Community Service				
K. Experience in School, Church and Community Organizations other than 4-H				
<u>3. "My 4-H Story"</u>				
<u>4. Project and Activity Photographs</u>				
<u>5. News Clippings</u>				
<u>6. Neatness</u>				
<u>7. Conformity to Guidelines</u>				
<u>8. Potential Growth</u>				
<u>9. Spelling, Grammar and Punctuation</u>				
<u>10. Overall Appearance</u>				

ADDITIONAL COMMENTS AND SUGGESTIONS