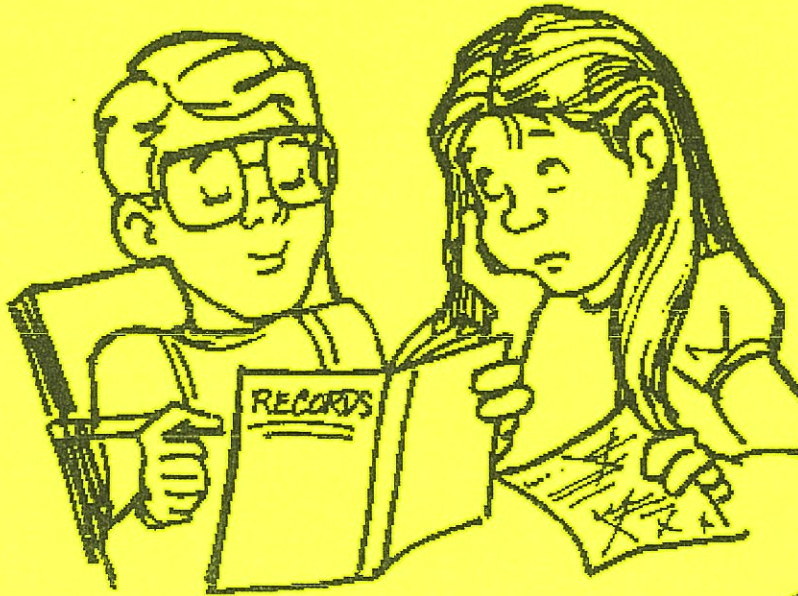


**ERMILLION
COUNTY
4-H**



**MEMORY
BOOK
LEVELS A & B**





VERMILLION COUNTY 4-H MEMORY BOOK PROJECT



Congratulations on selecting the 4-H Memory Book project. This project is designed to encourage all 4-H members to keep good records of their 4-H work in an organized way. These records will help you in preparing future scholarship, award, and job applications while providing a lasting record of your years in 4-H.

The Vermillion County 4-H Memory Book project is divided into 4 levels according to what grade you have just completed.....

Level A: grades 3 & 4

Level B: grades 5 & 6

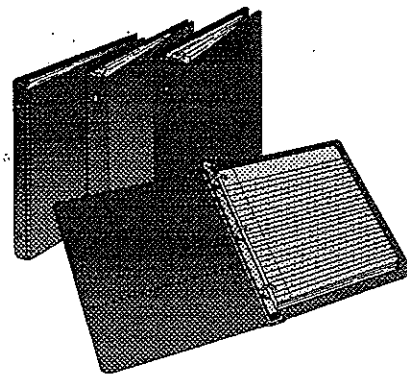
Level C: grades 7 through 9

Level D: grades 10 through last year of 4-H eligibility

TIPS FOR BUILDING YOUR MEMORY BOOK:

Your 4-H Memory Book is an organized presentation of what you have learned and accomplished, and how you've helped others as a result of being involved in 4-H. When accurately kept and carefully assembled, it is a useful tool for determining your own progress and personal growth.

- ✿ Enrolling in and completing the number of projects that seem wise and manageable for you considering your family, school, church, and community activities.
- ✿ Participating in activities that your club has planned.
- ✿ Collecting and saving clippings, pictures, and other materials that relate to your 4-H years.
- ✿ Keep all of your materials in a special "4-H Box." Be sure to keep the box in a safe place.
- ✿ 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 MEMORY BOOK TOGETHER

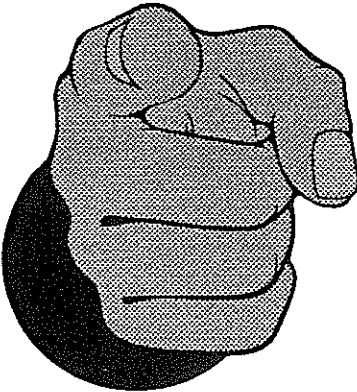
First, always work on a clean surface with clean hands. If you've just washed your hands, be sure they're dried completely. Try to work on your Memory Book when you have an hour or two at a time to devote to it.

The following materials should be included in your Memory Book. The sequence listed below is recommended for the Vermillion County 4-H Memory Book project.

1. **COVER:** Use an 8 ½" x 11" three-ring binder. Title "My 4-H Memory Book."
2. **INDIVIDUAL PHOTO:** Mount one school picture or similar photo of yourself on the first page. Mount this using rubber cement. The photo should be minimum size of 2 x 3 and no larger than 4 x 6 inches. Include your name, address, grade just completed in school and club name under your photo.
3. Completed MEMORY BOOK RECORD SHEET.
4. "MY RECORD OF 4-H ACHIEVEMENT": This should be completed as much as possible for the current year's work and include projects/activities from all previous years completed.
5. **YOUR 4-H STORY:** Your 4-H story is a report of your 4-H experiences. Please read your level's requirements carefully.

LEVEL A: Write a 2-page (typed or neatly written in ink) double-spaced story on one of the following--

A. A community service project you have completed with your club in the current 4-H year. If your club does not have a project planned, talk with your leaders and offer to help plan one.

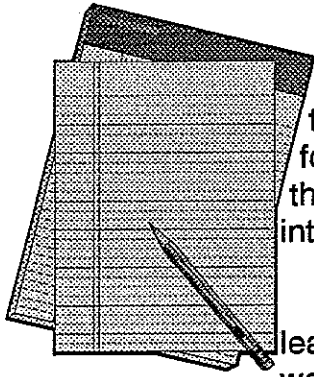


B. A favorite 4-H activity that you have participated in during the current 4-H year such as:

- Share the Fun
- 4-H Camp
- Officers' Training
- Other

C. Your favorite part of being in 4-H.

LEVEL B: Write a 3-page (typed or neatly written in ink) double-spaced story. Your story should emphasize your personal growth and development, community service experiences in your projects and activities. The meat of your story should focus on one of the following:



A. Tell about your 4-H projects or activities. Why did you choose the project or activity? The things you have tried through 4-H projects/activities and found successful and some that were not so successful. How did you arrange/help arrange for financing for projects/activities? Tell about the amusing things that happened to you through 4-H...this adds human interest to your story.

B. Explain how 4-H has helped you become a better leader and citizen. Tell about what you have learned from working with other 4-Hers and helping others through 4-H.

C. A community service project you have helped your club complete during the current 4-H year. If your club does not have one planned, talk with your leaders and help plan one.

6. **PHOTOGRAPH PAGES:** Photos can be used to illustrate the highlights of your projects/activities. They may be individual photos or a sequence. Only three photograph pages (8 ½ x 11" on one side of the paper) are permitted. Mount the pictures with rubber cement and caption each with a description of what is taking place in the photograph. Do not write on front or back of photos.

7. **NEWSCLIPPINGS:** Only three newsclipping pages (8 ½ x 11" on one side of the paper) are permitted. However, the number of newsclippings used are not limited. Newspaper photographs should have a dot above your picture to distinguish you from the group. Written news releases should have your name underlined or highlighted. Put the date the event took place under or to the side of each clipping. Mount newsclippings with rubber cement.



8. **LEVEL B ONLY:** Complete the attached "Experiences in 4-H" worksheets.

Be sure to complete the following:

- A. Projects & Learning Experiences
- B. What I Did in My Projects
- C. 4-H Talks!
- D. Workshops, Etc.
- E. Help!
- F. Citizenship/Community Service

SEE APPENDIX!



Example

APPENDIX

MY EXPERIENCES IN 4-H

(Level B only)

A. PROJECTS & LEARNING EXPERIENCES: List your 4-H projects and what you learned in your projects **each year**. List these first by project and under each project by year working from the current year backwards.

Photography:

1996: Learned the importance of the balance of each object in the picture.

1995: Learned to use the proper speed film for various activities.

Foods:

1997: Learned different techniques for making yeast rolls such as cloverleaf, crescent, etc.

1996: Learned to properly set the table for a formal dinner.

1995: Learned to measure liquid and dry ingredients properly.



Example

APPENDIX

MY EXPERIENCES IN 4-H

(Level B only)

B. WHAT I DID IN MY PROJECTS: List what you actually DID in your projects. Try to use numbers to show quantity. List profit or loss if you can apply it to your projects.

Photography:

1996: Took 80 photographs.

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

Foods:

1997: Made 40 dozen yeast rolls

Prepared dinner once a week.

Cleaned the oven twice.

Exhibited 6 cloverleaf rolls at the fair.

1996: Set the table 20 times for my family.

Cleaned the kitchen once a week.

Exhibited 6 cookies at the fair.



Example

APPENDIX

MY EXPERIENCES IN 4-H

(Level B only)

C. 4-H TALKS!: List demonstrations, talks, radio/TV appearances, newspaper articles you've written about your 4-H project. Designate level of participation with the appropriate letters: L=Local/Club; C=County; A=Area; S=State; N=National.

Photography:

1996: Gave a demonstration to club on experimenting with taking pictures from different angles. (L). 18 present.

Foods:

1997: Gave demonstration on different ways to shape yeast rolls. L-22 present; C-48 present; S-67 present.



Example

APPENDIX

MY EXPERIENCES IN 4-H

(Level B only)

D. WORKSHOPS, ETC.: List 4-H workshops, field trips, clinics, judging events that you participated in. Designate level of participation with the appropriate letters: L=Local/Club; C=County; A=Area; S=State; N=National.

Photography:

1996: Attended photography workshop. C.

Foods:

1997: Took behind the scenes tour of a restaurant with my school class. L.

1996: Participated in a 4-H Foods workshop. C.



Example

APPENDIX

MY EXPERIENCES IN 4-H

(Level B only)

E. HELP!: How have you helped other 4-Hers with their project work or become more involved with your club? Be sure to list the number of members you assisted and how you helped them.

1997- Helped 1st year member set up for her Cat demonstration.

Helped 1st year Photography members understand the requirements of the project and taught how to finish a poster the "4-H way."

1996- Volunteered to be a team leader for the club calling tree.



Example

APPENDIX

MY EXPERIENCES IN 4-H

(Level B only)

F. CITIZENSHIP/COMMUNITY SERVICE: List citizenship/community service activities that your club has participated in. In each example, tell what you did. These activities may include but are not limited to clean-up days, tree plantings, food drives, etc.

1997- Club voted to bring a canned good to every other meeting and donate to local food bank. I brought 5 canned vegetables throughout the year.

1996- Club identified 5 homes of elderly and raked their leaves at the end of fall. I was a team leader for this community service and worked with 4 younger 4-Hers to complete the service.

