My 4-H Project Goals

I will actively participate in 4-H at the county, district, and state levels.

I will continue serving as a County Council officer

I will attend County Council meetings and lead at County events and activities.

I will participate in county, district, and state 4-H competitions.

I plan to meet new friends at 4-H opportunities.

I will continue to work in my community to earn service hours, increasing my time that I give to others.

I will earn TRY hours, teaching others with 4-H curriculum at club meetings, summer camps, and throughout my community.

I will actively participate in the County Leadership Development Program.

I will plan my 4-H goals for the 2008 year.

I will work toward the 4-H Achievement Medal.

I will seek out opportunities in the Personal Development and Leadership Project Area.

I will attend the County 4-H Achievement Night.

I will participate in the 4-H/Exchange Club Youth in Government and Business Day and write an essay on this day of opportunity.

I will promote 4-H at the annual Healthy Kids Day at the YMCA.

I will apply for the Memorial Hospital Junior Volunteer program.

I will participate in 4-H Presentations.

I will prepare my Application and Resume for the 4-H ARI process.

I will serve as a teen leader at 4-H Summer Camps.

I will attend 4-H State Congress at NC State University.
I will apply for the Wayne County Chamber of Commerce Junior Leadership Program.  

I will participate in the 4-H Make a Difference Day.  

I will participate in the “Red Ribbon” Drug Awareness Program.  

I will be aware of Election Day 2008 and its important outcome.  

I will attend 4-H State Council Conference.  

I will compete and lead at the County Favorite Food Show.  

I will complete a Project Record Book, highlighting my 4-H involvement and accomplishments.  

I will work toward the President’s Volunteer Service Award-Gold Level.  

I will complete the personal development hours, volunteer service hours, physical fitness hours, and expedition/exploration hours for the Silver Congressional Medal.  

I will be grateful for the many 4-H leaders and volunteers who will work so hard this year to make 4-H the best! I will intentionally say “thank you” and let them know that I appreciate them.  

I will work diligently in the 4-H program not only receiving much, but giving much!
My 4-H Personal Development and Leadership Project Record

4-H County Leadership Development Program
Skills learned include introductions, interviews, speeches, and visual presentations

- All Year

Memorial Hospital Medical Explorers Program
Toured various departments and job shadowed important roles of healthcare

- All Year

4-H/Exchange Club Youth in Government and Business Day
Job shadowed a local chiropractor at Goldsboro Spine Center
Gave youth response at 4-H Luncheon
Wrote essay on experience

- Feb. 27th

Healthy Kids Day at YMCA
Teen Coordinator
4-H Promotion
Led character bracelet activity and science experiences including ice packs and design a raft with aluminum foil and marbles

- Apr. 12th

4-H County Presentation
Prepared a visual presentation on community service and volunteerism

- May 21st

Drama Team
Creative arts team member performing in short dramas, mime, and sign language

- All Year

Dance Lessons
Continued lessons in classical ballet, lyrical, pointe, tap, jazz, and hip hop. This is my 11th year of training. Performed in annual dance recital and special musical entitled "Dance for Christ".

- All Year

Jamaican Mission Trip
Performed musical "Dance for Christ" with traveling dance team in Montego Bay, Jamaica. Enjoyed Jamaican culture during eight day adventure. Yeah Mon!

- Jun. 10th-17th

Memorial Hospital Junior Volunteer Program
Applied and accepted for my second year
Held clinical and clerical positions
Volunteered on 6th floor with Ortho, Neuro, and General Surgery patients
Served as Office Resource Volunteer for Professional Staff Development Department. Responsibilities included filing, copying,
typing, answering telephones, and recording messages
-Delivered Christmas cards during the holiday break

4-H Application, Resume, and Interview
-Completed application and resume for my first time. Interviewed at 4-H State Congress for a national trip. May-July

County's Chamber of Commerce Junior Leadership Program
-Selected as 1 of 20 participants from area high schools to be challenged from this year long leadership opportunity. Exciting program for selected juniors designed to develop informed, committed, and qualified young people capable of providing dynamic leadership in their schools and in the Wayne County area.
-Emphasis on leadership, teambuilding exercises, goal setting, effective communication skills, and adult/teen relationships

Memorial Hospital Health Care Career Fair
-Learned about health care fields
-Talked with college counselors about entrance requirements and scholarships Oct. 7th

4-H "Red Ribbon" Drug Awareness Campaign
-Teen Coordinator for skit promoting drug awareness for kindergarteners through fifth grade at local elementary schools Oct. 30th

National Home School Honor Society
-Inducted into the Omega Kappa Chapter of the Eta Sigma Alpha National Home School Honor Society for academic success
-Elected President of local chapter Nov. 7th

4-H State Council Conference
-Recognized as 2008 State Youth of the Year for Volunteerism
-Participated in 4-H Ambassador Workshops: Intro to Ambassadors/Fundamentals of 4-H; Parliamentary Procedure; Personal, Professional, and Flag Etiquette; Public Speaking Basics; Putting Your Ambassador Portfolio Together Nov. 15th-16th

4-H Favorite Food Show
-Participant and Judge for Non-Competitives
-1st Place for Fruits Category Ages 16-19 Nov. 18th

Leadership Skills and Training through 4-H at the County, District, and State Levels
-County Council Officers' Planning Mtg. (Planned 4-H County Achievement Night) All Year
-Dec. 13th
- Southeast District Council Mtg. in ______ County. (Workshops on State Theme "4-H: Come. See. Express") Dec. 21st
- County Council Officers’ Mtg. (Prepared/decorated for 4-H County Achievement Night with State Theme) Jan. 2nd
- 4-H County Achievement Night (Installed as County Council Treasurer; President’s Volunteer Service Award; Community Service Award 2007-175 hours; TRY Teaching Award – 125 hours; Gold Achievement Award; 1st Place Healthy Lifestyles Project Record Book Ages 13-15 Jan. 3rd
- County Council Officers’ Planning Mtg. Feb. 18th
- County Council Mtg. (Read report as Treasurer; led stick puppets activities) Feb. 25th
- Southeast District Teen Retreat in Craven County (Workshops on State Theme; Led drama workshop with my Dad; Wayne County won Spirit Stick) Mar. 7th-8th
- County Council Officers’ Planning Mtg. (Helped plan next council mtg. and 4-H County Fashion Revue) Apr. 2nd
- County Council Mtg. (Mtg. based on State Theme; helped younger 4-Hers with stamping creations) Apr. 17th
- 4-H State Congress Jul. 21st-25th
- 4-H State Council Conference Nov. 15th-16th

RSVP/Volunteer Wayne Program
- Completed all requirements for community award based on leadership and volunteerism. Received award at Luncheon All Year

Silver Congressional Award
- Completed and exceeded requirements for the Silver Congressional Medal. Completed 530 cumulative community service hours, 150 personal development hours, 320 physical fitness hours, and a 8 day/7 night expedition/exploration to Jamaica All Year
My 4-H Story

My name is I am 15 years old, and this is my 9th year participating in 4-H. Through 4-H, I have learned life skills that I will always carry with me. I have established strong relationships with youth and adults. I am very active in 4-H opportunities and competitions at the club, county, district, and state levels. As a personal goal this year, I have tried to use my time wisely and expand my goals to become a better person who is willing to reach out and serve others in my community. I have a wonderful 4-H family! My dad is an Administrative Assistant to the Communications Squadron Commander at Seymour Johnson Air Force Base. He served twenty years in the Air Force. My mom is an instructor at Wayne Community College. Both of my parents are volunteer 4-H leaders and County/District Leaders Association members. I am thankful that they support me in 4-H!

I have chosen the Personal Development and Leadership category for a 4-H project record this year. I have improved my
skills with introductions, interviews, speeches, and visual 
presentations. I have also enhanced my leadership roles through 
serving in officer positions. I have had unique learning 
opportunities as a delegate at the 4-H/Exchange Club Youth in 
Government and Business Day and with the Wayne County's. 
Chamber of Commerce Junior Leadership Program. I have 
continued pursuing my interest in the healthcare field by 
attending the Memorial Hospital Medical Explorers and 
Health Care Career Fair. I have been busy with my Creative Arts 
Drama Team where I participate in short skits, mime, and sign 
language. Dancing continues to keep me on my toes through 
classical ballet, lyrical, pointe, tap, jazz, and hip hop. This is my 
eleventh year of dance training. I even had an adventure of a 
lifetime as I traveled to Montego Bay, Jamaica, with my traveling 
dance team. There is never a dull moment in my life!

4-H continues to be a very important part of my life. I have 
learned life skills through participating in the County Leadership 
Development Program, County Presentation, Favorite Food Show, 
Application, Resume, Interview Process, and County and District
Council meetings and events. I shared my interests with youth and children at 4-H summer camps, day camps, the local YMCA, and our community mall. I also learned I could make a difference in my community by serving others and helping them to have a healthier life. All year I volunteered at the Community Soup Kitchen where I made and served balanced meals for the homeless. Meals on Wheels is a wonderful food program that provides nutrition to the elderly and homebound. I was even able to deliver meals in my own neighborhood. What a blessing it was to see wonderful people get the daily nutrition that they needed. Wayne Memorial Hospital Junior Volunteer Program allowed me to serve others in my community and has encouraged me to consider the medical field for my educational and life goals. The skills I have gained this year in this project area will go with me throughout my life.

I have been busy through the 4-H program at the County, District, and State levels. I participated in State Congress and State Council Conference where I met new friends and reacquainted with those I have met before. I was very surprised to
hear my name called as the State Youth Volunteer of the Year!
You can not dose at any 4-H activity or you will surely get caught!
Finally, I’m always around as County Council officer to genuinely help in any way possible to make the best better. I am excited about new opportunities in 4-H in the coming year!

It’s been another great and productive year in 4-H. I’m grateful for the 4-H staff, leaders, and volunteers who spend countless hours making a difference in my life. I can hardly wait for the new 4-H year to begin!
Congratulations to Kayla Hill, Marlea Linton, Lindsay Davis, and Alec Linton who were inducted into the Kappa Omega Chapter of the National 4-H Horticulture Honor Society. They enjoyed a lunch meeting last week as they learned about the history of the homeschool honor society, discussed membership expectations, and planned a group community service project for the year.

State Youth of the Year Volunteer Award

Wayne
Partners
4-H Delegate

Leadership

Congratulations, guys!
Many of our teens were elected for the 4-H County Council. They include Daniel Sullivan, vice president; Marisa Linton, vice president; Kayla Hill, parliamentarian; Elizabeth West, treasurer; Hanna West, song leader; Kristin Parks, song leader; Lindsay Shotts, district representative, and Mary Sperry, reporter. County council officers work throughout the year planning and preparing for many county 4-H events.

I-H honors youths and adults at achievement banquet!
9-10-Year-Olds: Clay West, second in sweets; Lindon Bridgers, first in bread; Cassie Linton, first in meats; Becca Edmonson, first in sweets; Sam de Araujo, first in vegetables; Kirk Miller, second in meats; and Stephen Finch, first in fruit.

11-12-Year-Olds: Alec Linton, second in vegetables; McKayla Parks, first in sweets, Lindsay Daniels, second in breads; Olivia de Araujo, first in fruit; Christopher Finch, fourth in vegetables; Micah Lee, first in breads; and Ty West, second in meats.


16-18-Year-Olds: Lindsay Stutts, first in fruit; and Mary Spears, first in vegetables. Everyone did such a great job, and the food was delicious!
Operation Christmas Child

Community Soup Kitchen

4-H Make a Difference Day

Special Olympics Corporate Office
4-H State Congress Community Service Project

Helping natural disaster victims

Special Olympics
My 4-H Leadership

Earned 150 TRY Hours during 2008

Served as 4-H County Council Treasurer  
-Handled and kept accurate account of all monies  
-Reported at each meeting money on hand and paid out  
-Served as chairman of all money making projects for County Council  
- Took leadership role in county events and activities

Elected as 4-H County/District Representative  
-Duties include: Serves as a voting delegate at Southeast District and State meetings; takes a leadership role at county, district, and state events and activities

Elected President of the National Home School Honor Society  
Omega Kappa Chapter in Wayne County  
-Presides over chapter meetings  
-Collects documentation of community service hours from each member  
-Overssees the responsibilities of all other officers elected to the chapter  
-Must carry out an individual community service project and a group service project

4-H Youth in Government and Business Day  
-Gave Youth Response at Luncheon for business sponsors, adult leaders, and area youth

4-H Southeast District Teen Retreat in Craven County  
-Led drama workshop and activities with my Dad

Healthy Kids Day at YMCA  
-Teen Leader  
-Led hands-on 4-H experiments and activities  
-Reached 60+ children and youth  
-4-H Promotion

4-H Summer Camps  
-Teen Leader

“Red Ribbon” Drug Awareness Campaign  
-Teen Leader
- Performed "Can vs. Don't" skit for kindergarten through fifth grade at local elementary schools
- Reached 500+ youth

Operation Military Kids
- Teen Leader
- Led activities for children of soon to be deployed military members at the Army Reserves/National Guard Family Preparation Day at American Legion Hall
- Distributed Hero Packs to children and youth which included handwritten encouragement and thank you notes to military member and their dependents

Wayne County's Chamber of Commerce Junior Leadership Program
- Delegate for intensive year long leadership program for area high school juniors
- Must carry out an individual community service project

Nov. 16th

Sept.-Dec.
My 4-H Community Service

Earned 225 Community Service Hours during 2008

NC State Council Conference
-Received 2008 State Youth Volunteer Award

4-H State Congress
-Volunteered at the Special Olympics Corporate Office
-Organized and sorted hundreds of t-shirts and Special Olympics souvenirs throughout the warehouse

Community Soup Kitchen
-Prepared/served nutritionally balanced meals to needy/homeless members of my community
-Prepared food bags to be taken with participants
-Restocked and organized food pantry

Sterling House Assisted Living
-Played Bingo with Alzheimer’s patients
-Refurbished flower garden in courtyard

Meals on Wheels
-Delivered warm meals to elderly/homebound in my neighborhood

MERCI Disaster Relief Center
-Made natural disaster care buckets and health kits full of essentials to be distributed throughout the country to those who have faced natural disasters

1st Presbyterian Project Serve
-Rake and Run
-Yard work for elderly in community

Stop Hunger Now
-Helped packaged 10,000 nutritious meals to wipe out hunger in the Congo in Africa

Jamaica Mission Trip
-Served at an orphanage for special needs and at an orphanage for babies and toddlers
-Collected and distributed clothing and needed hygiene items
-Spent two days feeding, playing, and interacting with Jamaican orphans
Memorial Hospital Junior Volunteer
- Volunteered on 6th floor with Ortho, Neuro, and General Surgery patients
- Answered call bells and made patients as comfortable as possible
- Served in Professional Staff Development
- Helped with filing, copying, typing, answering telephones, and recording messages

4-H Make a Difference Day
- Collected/sorted/folded/packed t-shirts and sweatshirts to be distributed to hurricane victims
- Goal: Collect 1000 t-shirts for the Harvest Connection, a disaster relief ministry out of Kinston, NC
- Collected 1067 shirts surpassing our county’s goal

County Senior Center
- Participated in the Antique Road Show
- Shared treasures from the past

Samaritan’s Purse Operation Christmas Child
- Wrapped boxes to be distributed
- Collected/packaged small toys in shoe boxes for Christmas distribution
- Prepared 100 boxes to be shipped overseas

RSVP/Volunteer Wayne
- Completed all requirements for community service and leadership

President’s Volunteer Service Award
- Volunteered throughout my community to help and serve others

Silver Congressional Medal
- Completed and exceeded all requirements for volunteering service hours by making my community a better place for others to live

June - August
Oct. 18th
Oct. 24th
Nov. 12th
All Year
All Year
All Year
My 4-H Citizenship

Federal Government-State of the Union Address
- Watched/took notes from President Bush’s Address. Topics included the economy and terrorism/War in Iraq and Afghanistan

State Government-State of the State Address
- Watched/took notes from Governor Mike Easley’s Address. Topics included state budget, public education, state lottery, and the economy

Local Government
- Viewed Wayne County Council Meetings and Goldsboro City Council Meetings to be aware of local and economic issues

All Year

Subscribed to and read World Magazine covering National and International topics

All Year

4-H County Achievement Night
- Installed as County Council Treasurer

Jan. 3rd

Participated in 4-H Youth in Government and Business Day

Feb. 27th

4-H State Congress
- Participated in State Officer Elections
- Participated in Southeast District Officer Elections
- Attended Town Hall Meeting. Youth issues, concerns, and recommendations will be taken to State Legislature.

Jul. 24th

County Council Elections
- Participated in County Council Officer Elections
- Ran/elected County/District Representative

Sept. 16th

Watched the Presidential and Gubernatorial debates

Sept.-Oct.

2008 Election Day
- Went with parents as they exercised their privilege to vote
- Followed the outcome of this historic election

Nov. 4th