



SECTION 2  
4-H EXPERIENCES & ACTIVITIES

Date	Type of Experience or Activity	Level
November 2008	Member of the 4H Holiday Club, made crafts and decorations for Thanksgiving and Christmas	C
April 2009	Joined the Wet Blankets Horse 4H Club	C
Summer 2009	Attended weekly horse 4H club meetings and practices	C
Summer 2009	Joined the 4H Hootin Hogs Club and attended weekly club meetings and events	C
May 2009	Competed in County horse 4H show	C
June 2009	Competed in the spring Jr livestock show	R
June 2009	Competed in County horse 4H show	C
June 2009	Attended Jr Livestock spring workshops about animal nutrition and showmanship	C
June 2009	Attended dairy heifer workshop to learn about fitting and showing a dairy heifer	L
June 2009	Participated in a sewing camp where we made a pillow case	C
July 2009	Competed in County horse 4H show	C
July 2009	Attended dairy heifer workshop where we learned about animal nutrition	L
July 2009	Participated in a cooking camp where we learned how to make cookies and biscuits	C
July 2009	Participated in the stained-glass club, where I made a stained glass stepping stone for the garden	L
July 2009	Helped plan and organize an educational booth for the county fair called Jr Farmer	C
August 2009	Entered several projects into the county fair	C
August 2009	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
October 2009	Attended 4H achievement night and received an award for my livestock record book	C
November 2009	Member of the 4H Holiday Club, made crafts and decorations for Thanksgiving and Christmas	C
Summer 2010	Attended weekly meetings and events with the Wet Blankets Horse 4H Club	C
Summer 2010	Attended weekly meetings and events with the Hootin Hogs 4H Club	C
May 2010	Competed in County horse 4H show	C
May 2010	Attended Jr Livestock spring workshops about animal nutrition and showmanship and record books	C
June 2010	Competed in the spring Jr livestock show	R

Date	Type of Experience or Activity	Level
June 2010	Participated in 4H summer sewing camp where we made shorts and pajama bottoms	C
June 2010	Competed in the favorite food contest by making pudding	C
June 2010	Attended 4H dairy heifer workshop and selected my heifer for the fair	L
June 2010	Competed in County horse 4H show	C
June 2010	Participated in the 4H cooking club and learned to make homemade candy	C
July 2010	Participated in the stained-glass club, where I made a bird sun catcher	L
July 2010	Attended the money mentor camp where we learned about money management and budgeting	C
July 2010	Competed in County horse 4H show	C
July 2010	Attended weekly dairy 4H club meetings	L
July 2010	Prepared for the Jr. farmer booth for the county fair by making a small chicken coup and educational posters	C
August 2010	Entered several projects into the county fair	C
August 2010	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
August 2010	Helped run the Jr Farmer booth at the county fair by managing the petting zoo	C
August 2010	Participated in the 4H fashion show at the Morgan County Fair	C
October 2010	Attended 4H achievement night and received an award for my livestock record book	C
October 2010	Participated in the "Foods Around the World" after school cooking camp	C
May 2011	Attended Jr Livestock spring workshops about animal nutrition and showmanship and record books	C
Summer 2011	Participated in the Jr Livestock program by attending weekly meetings and events with the Hootin Hogs 4H Club	L
Summer 2011	Attended weekly meetings and events with the 4H dairy club	L
June 2011	Competed in the Spring Jr Livestock show	R
June 2011	Participated in the Lotions/potions day camp where we made homemade spa items	C
June 2011	Attended the cake decorating camp	C
June 2011	Attended a 4H quilting camp where I made a Levi rag quilt	C
June 2011	Participated in the 4H t-shirt camp and entered my shirt in the T-shirt contest	C
June 2011	Attend Junior Youth Conference at Snow College	S
July 2011	Attended sewing camp where we made a hand embroidered pillow	C
July 2011	Prepared several educational activities to be used in the Jr farmer booth at the county fair	C

August 2011	Entered several projects in the Morgan County Fair	C
August 2011	Helped build and decorate the float for the county fair parade	C
August 2011	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
August 2011	Help at the Jr Farmer educational booth at the fair	C
September 2011	Entered 4H projects in the state fair	S
September 2011	Attended 4H day at the state fair	S
October 2011	Attended 4H achievement night where I received an award for my record book	C
All year 2012	Joined Jr Teen Council and attended monthly meetings for all of 2012. Throughout the year, I participated in several service projects, leadership trainings, team building activities, and 4H promotion activities	C
All year 2012	Participated in the "100-hour challenge" by being involved in 4H activities for over 100 hours (including a 10-hour minimum of service hours) in commemoration of the 100 <sup>th</sup> anniversary of Utah 4H	C
Summer 2012	Participated in the Jr Livestock program by attending weekly meetings and events with the Hootin Hogs 4H Club	C
Summer 2012	Attended weekly meetings and events with the 4H dairy club	C
June 2012	Competed in the Spring Jr livestock show and attended a workshop on taking care of hogs	R
June 2012	Attended 4H quilting camp where I made a quilt	C
June 2012	Attended 4H dairy heifer workshop and selected my heifer for the fair	L
June 2012	Attend Junior Youth Conference at Snow College	S
July 2012	Helped at Jr Teen Council booth at 4 <sup>th</sup> of July celebration	C
July 2012	Attended 4H Farmer for a day camp	C
July 2012	Helped make a 4H float for the county fair and rode on it in the parade to help promote the 100-year celebration of Utah 4H	C
August 2012	Entered several projects in the Morgan County Fair	C
August 2012	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
August 2012	Helped run the Jr Farmer booth at the county fair by managing the petting zoo and running educational activities	C
September 2012	Entered project items in the State Fair	S
October 2012	Attended achievement night where I received a reward for my livestock record book, and our family won 4H family of the year	C
All year 2013	Participated in Jr Teen Council and attended monthly meetings for all of 2013. Throughout the year, I participated in several service projects, leadership trainings, team building activities, and 4H promotion activities	C
February 2013	Attended 4H Leadermete where I attended the teen track classes and our family won the state 4H family of the year award	S
May 2013	Attended a camp called farm to fork	C
Summer 2013	Participated in the Jr Livestock program by attending weekly meetings and events with the Hootin Hogs 4H Club	C

Summer 2013	Attended weekly meetings and events with the 4H dairy club	C
June 2013	Competed in spring livestock show	R
June 2013	Attended i-4H summer camp at Utah State University Price Campus	S
June 2013	Attended cake decorating camp	C
July 2013	Made a quilt with a 4H quilting club	L
July 2013	Helped make a little red barn to use for the animals at Jr farmer booth at the county fair	C
August 2013	Entered several projects in the county fair	C
August 2013	Helped at the Jr Farmer educational booth at the county fair	C
August 2013	Decorated and rode on the 4H float for the county fair parade	C
August 2013	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
All year 2014	Participated in Jr Teen Council and attended monthly meetings for all of 2013. Throughout the year, I participated in several service projects, leadership trainings, team building activities, and 4H promotion activities	C
January – March 2014	Attended a six week 4H Healthy Living Camp where we learned about food science and active lifestyles.	C
Summer 2014	Attended weekly meetings and events with the 4H dairy club	C
Summer 2014	Participated in the Jr Livestock program by attending weekly meetings and events with the Hootin Hogs 4H Club	C
June 2014	Attended i-4H summer camp at Utah State University Price Campus	S
June 2014	Competed in spring livestock show	R
June 2014	Attended a 4H Money Camp taught by the TRY team leaders	C
June 2014	Attended Outdoor Cooking Summer Camp at East Canyon Resort. We learned to cook tinfoil dinners, and how to fish and canoe	C
June 2014	Helped organize and run a camp for 4H youth called Farmer for a Day	C
July 2014	Joined the Morgan County 4H service Club and participated in several service projects	C
August 2014	Entered several projects in the Morgan County Fair	C
August 2014	Helped plan and run the Jr Farmer educational booth at the county fair	C
August 2014	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
October 2014	Attended 4H achievement night and received an award for my livestock record book	C
October 2014	Attended 4H Teen Leadership Training at Utah State	S
October 2014	Joined Teen Council and participated in monthly meetings and events	C
November 2014	Attended Leadership Conference at Thanksgiving point in preparation for the National Citizenship Washington Focus Camp	S
All year 2015	Participated in Teen Council and attended monthly meetings for all of 2013. Throughout the year, I participated in several service projects, leadership trainings, team building activities, and 4H promotion activities	C
January 2015	Attended Teen Winter Retreat at Camp Kotsiopoulos	S

April 2015	Attended Mock Legislator at the State Capitol	S
April 2015	Attended a Teens Reaching Youth (TRY) training at Thanksgiving Point	S
May 2015	Attended the Northern Region Citizenship Summit	R
Summer 2015	Attended weekly meetings and events with the 4H dairy club	L
Summer 2015	Participated in the Jr Livestock program by attending weekly meetings and events with the Hootin Hogs 4H Club	C
June 2015	Competed in spring livestock show	C
June 2015	Taught a Healthy living camp called Adventure is Out There at East Canyon State Park with members of my TRY team	C
July 2015	Attended Citizen Washington Focus in Washington DC at the National 4H center	N
July 2015	Attended 4H State Contests at Utah State University. Competed in public speaking and world of work. Won 1 <sup>st</sup> place in Public speaking	S
July 2015	Helped organize and run a camp for 4H youth called Farmer for a Day	C
August 2015	Entered several projects in the Morgan County Fair	C
August 2015	Participated in the Jr. Livestock show and sale in the Morgan County Fair	C
August 2015	Helped plan and run the Jr Farmer educational booth at the county fair	C
August 2015	Selected to be a Northern Region Ambassador and attended a leadership training	R
August 2015	Attended the Morgan Youth Leadership Summit	C
October 2015	Helped organize and carry out 4H achievement night	C
October 2015	Attended Northern ambassador training and planning meeting	R
November 2015	Attended Northern ambassador training and planning meeting	R
1/4/16	Conducted a leadership activity at county's teen council	C
1/11/16	Attended Northern ambassador training and planning meeting	R
1/23/16	Applied and interviewed for the American Youth Leadership Exchange in Ghana Africa	I
3/14/16	Helped in the planning and carrying out of a service project at the family assisted living center with my teen council	C
4/2/16	Helped organize and plan a 4H booth for the Morgan Elementary school during their art night	C
4/21/16	Attended Mock Legislator and Participated as a Bill Sponsor	S
4/23/16	Helped carry out a 4H booth at the Morgan elementary art night	C
5/15/16	Planned 4H Farmer for a Day camp with adult and teen leaders	C
6/6/16	carried out 4H Farmer for a Day Camp with 30 participants	C
6/11-15/16	Attended a training for the 4H American Youth Leadership Exchange with 20 other teens from the western United States	I
6/25/16-7/25/16	Participated in the 4H American Youth Leadership Exchange in Ghana Africa	I
8/19/16	Attended the Morgan Youth Leadership Summit, sponsored by 4H, with other leaders from the high school	C

9/12/16	Planned my ambassador project and started preparing for interviews	S
10/10/16	Presented a citizenship workshop for my teen council	C
11/8/16	Met with county agent to discuss details of my ambassador project and decided to do an after-school series for elementary youth on the topic of cheese. This will include six classes for Morgan and Mountain Green youth	C
12/28/16	Contacted registered dietician, Kristi Spence, of the Utah Dairy Council to get resources and information for my cheese classes	C
12/29/16	Made posters, charts, and handouts to use in my cheese classes	C
1/27-28/17	Attended teen winter retreat at Aspen Grove with over 100 participants from around the state	S
1/31/17	Conducted the first workshop about cheese to elementary school students. Taught them about the different categories of cheese and gave them samples to compare and categorize	C
2/3/17	Conducted the second class about cheese to the Mountain Green Elementary Students	C
2/7/17	Carried out the third workshop where all the kids got to make their own batch of cheese and learn about cheese ingredients	C
2/9/17	Carried out the fourth workshop where all the kids got to make their own batch of cheese and learn about cheese ingredients	C
2/14/17	Took all the Morgan kids down the Beehive Cheese Factory, took a tour of the factory and compared the cheese making process at a factory with the way we made cheese in our workshop	C
2/16/17	Took all the Mountain Green kids down the Beehive Cheese Factory, took a tour of the factory and compared the cheese making process at a factory with the way we made cheese in our workshop	C
4/14-15/16	Competed at State Ambassador interviews with 18 other teens from around the state	S
4/17/17	Helped with the relationship and teambuilding activities at my teen council	C
4/29/16	Attended 4H hog carcass contest class with Hootin' Hogs club	C
5/11-13/17	Attended Ambassador training to learn about my duties and responsibilities as a new state 4-H ambassador.	S
5/17-present	Participate in zoom meetings every Monday for planning and training as ambassadors	S
5-8/17	Raised a hog for the Jr. Livestock Program.	L
5/19-20/17	Set up and carried out a 4H booth at baby animal days	C
6/3/17	Attended spring livestock show and participated in workshops about hogs health and showing	C
6/14-15/17	Served as a teen leader/organizer of the 4-H Summer Camp called Farmer-For-A-Day.	L
6/19-21/17	Helped organize, plan, and participated as a leader of 20+ kids at i4-H State Camp	S
7/26-28/17	Attended State 4-H contests. Competed in World of Work and Impromptu Speaking. Helped organize and carry out opening ceremonies, the banquet, and awards breakfast.	S
7/28/17	Helped prepare barbeque for potential buyers at the Jr. Livestock show	
7/29/17-8/5/17	Participated in county fair by volunteering at a 4H booth and showing and selling livestock at the show	C

8/12/2017	Attended the Morgan Youth Leadership Summit at the Rope Challenge Course in Ogden, Utah. This event was planned by our 4-H Teen council and we invited all youth leaders from our high school.	C
8/15-17/17	Attended the TLT Planning retreat, where we planned and organized the upcoming Teen Leadership Training to be held at Utah State University.	S
9/11/17	Participated in service project during teen council as we gathered and assembled gift baskets for 4H achievement night	C
9/16/17	Attended state fair with other ambassadors as planning event and to volunteer at the livestock sale	S
10/3/17	Attended 4H achievement night and received awards: salute to youth volunteer award and county 4H leadership award	C
10/19-21/17	Participated as a leader at Teen Leadership Training and was in charge out a workshop and service project during the event	S
11/9-11/17	Attended planning retreat for teen winter retreat in St. George with the rest of the ambassadors	S
12/4/17	Helped in a service project making 'monster pillows' for local hospital at a teen council event	L
1/25-27/18	Participated as a leader and planner of teen winter retreat with over 150 participants	S