



UTAH 4-H

SECTION 5 4-H COMMUNITY SERVICE

Date	Description of Community Service	Level	Hours
5/19/12	Jr. Teen Leader at Salt Lake County 4-H Clover Bud Super Hero: *Set up Laser Field *Help Clean up area after camp was finished.	C	4
6/4 – 6/7 2012	Jr. Teen Leader at Salt Lake County 4-H Cooking Camp: *Help record videos *Help clean up after the camp was finished.	C	12
7/17-7/19 2012	Teen Leader at Salt Lake County 4-H Family Group Camp: * Help set and take down Camp * Helped prepare meals and clean up after meals * Helped the 4-H children with their projects.	C	12
7/30-8/3 2012	Community Service Project while attending Teen Council Retreat at Jackson Hole, WY. We helped pick up sticks...	S	1
8/30/12	Help put away tables and chairs after portfolio workshop.	C	10 min.
9/27/12	Made caramelized Corn pops for the 4-H Achievement Night.	C	30 min.
10/12/12	Take and Bake: We made yummy caramel apples, (dipped in chocolate and decorated with candy), packaged, and delivered them to the following 4-H sponsors: Les Schwab Tire Store, Sandra Lloyd Rec. Center, and 4-H Administrators.	L/C	4 hrs
10/13/12	Worked at the Utah Food Bank: Collapsed and disposed of cardboard boxes. We also sorted and boxed food.	C	2 hrs
11/8/12	Cleaned chairs for the Riverton Community Center.	C	1 hr
4/13/13	Practice and helped club leader, Diana Jensen, demonstrate how to conduct a 4-H meeting.	L	1 hr
4/20/13	Went to 4-H Super Saturday and helped club leader, Diana Jensen demonstrate how to conduct a 4-H meeting.	C	2 hrs
5/30-5/31 2013	Helped at the Cooking Camp for Service Men's Children at Camp Williams. Taught the children properly handler meat in the kitchen. Taught them about different pasta noodles and their cooking time. I also taught them about impromptu speaking.	C	10 hrs
7/8- 7/10 2013	Teen Leader at Salt Lake County 4-H Family Group Camp: *Help set and take down camp *Helped set up laser field and spider web *Helped young 4-Hers make various crafts *Helped in the Teen sing-a-longs.	C	8 hrs

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8/5/13	Helped with setting up the 4-H Salt Lake County Fair and assisted judges.	C	5 hrs
8/9/13	Helped man the 4-H booth at the Salt Lake County Booth. Promoted 4-H by sharing information to patrons at the fair.	C	2 hrs
8/10/13	Helped with the Livestock Auction at the Salt Lake County Fair. I would obtain the bidders name & numbers, then return the info to people at the front desk. Then would return receipt to the bidder.	C	5 hrs
8/16-9/30 2013	Mentoring and assist in coaching Hawthorn Academy Cross Country Team as a 4-H representative. I help the team with their speed, running technique, and pacing their runs. I also help with minor injuries through proper stretching and exercises.	L	8 hrs
11/29-12/3 2013	Helped service/ restore graves, clean out grave cradles, and clean Oakland Cemetery grounds in Atlanta, Georgia during 4-H National Conference.	N	2-3 hrs
12/1/13- 3/31/14	<p>Planned 4-H State Ambassador Service Project. My service project was a 4-H After School Healthy Lifestyles Program. In planning the program I served by:</p> <ul style="list-style-type: none"> *Brain storming project ideas *Met with my County Agent about what Salt Lake County needs *Met with Dr. Swensen, Hawthorn Academy Principal, about holding an After School 4-H Healthy Lifestyles Program at their school. This became my State Ambassador Service Project. Due to the extent of project, Dr. Swensen recommended that Jake Jensen, a fellow club member, and I do the project together. 	L	2hrs
12/1/13- 3/31/14	<p>To make this program available and at no cost for the students at Hawthorn Academy, I began asking local companies to sponsor my State Ambassador Project. We were able to hold the program at no cost to the participants and raise a total of \$216 in donations. Services that was needed for this to be accomplished was:</p> <ul style="list-style-type: none"> *Preparing a formal letter to local companies requesting for their sponsorship of my 4-H State Ambassador Service Project. *Planning which companies to visit: Home Depot, UPS Store, Smith Market Store, Dunford Doughnuts, Harmons, Reams, JBW Studios, Sports Authority, Rocky Mountain Recycling, Dunkin' Donuts, and Not Just Copies. *Meeting with stores respective managers and directors to discuss our service project and the needed donations. *Following up with each sponsor. *Collecting donations from the following companies: Not Just Copies, Rocky Mountain Recycling, Smiths Market Store, Reams, JBW Studios, and Dunkin' Doughnuts. 	L	22 hrs
12/1/13- 3/31/14	I served over 30 students at Hawthorn Academy through my 4-H State Ambassador Project. Topics I planned, lead, and taught the following:	L	11 hrs

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	<ul style="list-style-type: none"> *Importance of Physical activity. *Staying Active “all year long” by having them engage in various physical activities such as pushups, jump rope, sprints, tag, etc. *Energy balances with a series of tug-of-war games. Their objective was to create the most balanced teams possible, just like how we need to balance our energy inputs and outputs. *Eating Healthy - made Grain Critters and Fruit & Veggie monsters. 		
12/1/13-3/31/14	<p>I served over 30 Students at Hawthorn Academy through my 4-H State Ambassador Project by assisting fellow club member, Jake Jensen, in the following workshops:</p> <ul style="list-style-type: none"> *Mental health and how it helps you not only in school, but while at play. This was accomplished by teaching a magic trick. *Social health and the importance of accepting others. *5 Food groups. *Substance abuse and how it can tie you down 	L	8 hrs
12/1/13-3/31/14	<p>I served the 4-H program by assisting in promotion and advertising 4-H and my state ambassador project. I assisted by:</p> <ul style="list-style-type: none"> *Creating posters to advertise 4-H and the project * “Danced” with the posters in front of the schools carpool lane *Participating in advertising the program in a school assembly *Participating in advertising the program by visiting several classrooms and talking to the students. 	L	10 hrs
12/1/13-3/31/14	<p>I served by promoting the 4-H program and helping my state ambassador project run smoothly through Parent Outreach. This entailed:</p> <ul style="list-style-type: none"> *Creating and sending weekly reminder emails to the parents talking about what we were going to do in our 4-H After School Healthy Lifestyles Program *Creating and sending an evaluation survey to the parents and students via email to track out progress and see what I can do to improve. 	L	5 hrs
03/06/14	Help set up and clean up after the Salt Lake County 4-H Talent Show.	C	1 hr