

The 4-H Motto
“Learn To Do By Doing.”

The 4-H Pledge

I pledge
My *Head* to clearer thinking,
My *Heart* to greater loyalty,
My *Hands* to larger service,
My *Health* to better living,
For my club, my community and my country.

The 4-H Grace

(Tune of Auld Lang Syne)

We thank thee Lord, for Blessings great
on this our own fair land,
Teach us to serve thee joyfully,
With head, heart, health and hands.

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4-H Branch
7000 113 ST RM 200
EDMONTON AB Canada T6H 5T6

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July 1998/cas



About Your Record Book



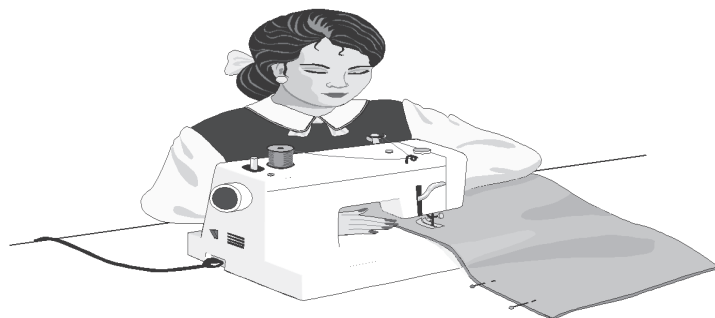
Why do you keep records in 4-H?

- ◆ to record information about your sewing projects
- ◆ so you can see the actual costs involved in completing your project
- ◆ to learn how to keep accurate records
- ◆ to record your club activities and other activities

What is involved in a good record book?

- ◆ **Completeness** - a good record book has all the required information completed.
- ◆ **Accuracy** - your information and costs should be accurate.
- ◆ **Neatness** - neatness is important in your record book. Because you are working on your record book throughout the year, always do your best to keep your book neat.
- ◆ **Personality** - this is your record book. Be original and personal in the information you keep in your book. Add photographs, newspaper and magazine articles on you, your club, your project area and 4-H in general. Make your book unique. It will be an excellent record of your project and 4-H year!!

Put these pages into a three-ring binder. You will need to add extra pages for your photos, articles and so on.





4-H Sewing Project Achievement Day Requirements

1. A completed project book to be displayed and judged. It should include:
 - ◆ completed record book
 - ◆ Yearly 4-H Diary
 - ◆ club program plan
 - ◆ any articles, photographs, and so on of interest to you about your project or your 4-H year
2. A minimum of four completed projects to be displayed and judged.
3. A small display to serve as a background for your project work. This may reflect an overall club theme, an Achievement Day theme, or a theme of your choice.





About Me

First name _____ Last name _____

Mailing address _____

Town or city _____ Postal code _____

Phone number _____ My birthdate is (yy/mm/dd) _____

This is my _____ year in 4-H.

Parents or guardians names _____

I joined 4-H this year because _____

I hope to achieve the following through 4-H activities this year: _____

I am going to do the following for my club this year: _____

My goal for this year is to make the following projects: _____





About My Club

Club name _____

Number of members . My club has been operating for years.

4-H district _____ 4-H region _____

Club leader(s)

First name

Last name

Phone number

First name	Last name	Phone number
_____	_____	_____
_____	_____	_____
_____	_____	_____

Club Executive

President

First name _____ Last name _____

Vice President

First name _____ Last name _____

Secretary

First name _____ Last name _____

Treasurer

First name _____ Last name _____

Club Reporter

First name _____ Last name _____

Historian

First name _____ Last name _____

Others

First name _____ Last name _____

First name _____ Last name _____





About My Sewing Project

Project name _____

Materials used and cost:

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Total cost: \$ _____





About My Sewing Project (continued)

Attach a photograph or drawing of your project.

What techniques and skills did you learn and use for this project? _____

What did you like best about completing this project? _____

Are you pleased with your project? Is there anything you would change if you were to do the project again? _____

What are you going to do with your project? _____

How long did it take you to finish your project? _____














4-H Sewing Project Score Card

Item judged _____

Date _____

	Total value	Your score
General Appearance  neat, clean, ready for use  appealing design  type and amount of design are in relationship to size of article  creativity in use of design, materials and color	20	
Suitability of Materials  type and quality of materials suited to the purpose	20	
Color  effective, appropriate, in harmony	20	
Workmanship  construction uniform and accurate  no obvious errors in technique  suitable finishing techniques (mounted or framed if appropriate)	25	
Design	15	
Total	100	

Comments: _____

Judge's signature _____ Date _____





About My Sewing Project

Project name _____

Materials used and cost:

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Total cost: \$ _____





About My Sewing Project (continued)

Attach a photograph or drawing of your project.

What techniques and skills did you learn and use for this project? _____

What did you like best about completing this project? _____

Are you pleased with your project? Is there anything you would change if you were to do the project again? _____

What are you going to do with your project? _____

How long did it take you to finish your project? _____





4-H Sewing Project Score Card

Item judged _____

Date _____

	Total value	Your score
General Appearance neat, clean, ready for use appealing design type and amount of design are in relationship to size of article creativity in use of design, materials and color	20	
Suitability of Materials type and quality of materials suited to the purpose	20	
Color effective, appropriate, in harmony	20	
Workmanship construction uniform and accurate no obvious errors in technique suitable finishing techniques (mounted or framed if appropriate)	25	
Design	15	
Total	100	

Comments: _____

Judge's signature _____ Date _____





About My Sewing Project

Project name _____

Materials used and cost:

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Total cost: \$ _____



About My Sewing Project (continued)

Attach a photograph or drawing of your project.

What techniques and skills did you learn and use for this project? _____

What did you like best about completing this project? _____

Are you pleased with your project? Is there anything you would change if you were to do the project again? _____

What are you going to do with your project? _____










How long did it take you to finish your project? _____



4-H Sewing Project Score Card

Item judged _____

Date _____

	Total value	Your score
General Appearance  neat, clean, ready for use  appealing design  type and amount of design are in relationship to size of article  creativity in use of design, materials and color	20	
Suitability of Materials  type and quality of materials suited to the purpose	20	
Color  effective, appropriate, in harmony	20	
Workmanship  construction uniform and accurate  no obvious errors in technique  suitable finishing techniques (mounted or framed if appropriate)	25	
Design	15	
Total	100	

Comments: _____

Judge's signature _____ Date _____



About My Sewing Project

Project name _____

Materials used and cost:

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Total cost: \$ _____



About My Sewing Project (continued)

Attach a photograph or drawing of your project.

What techniques and skills did you learn and use for this project? _____

What did you like best about completing this project? _____

Are you pleased with your project? Is there anything you would change if you were to do the project again? _____

What are you going to do with your project? _____

How long did it take you to finish your project? _____



4-H Sewing Project Score Card

Item judged _____

Date _____

	Total value	Your score
General Appearance ◆ neat, clean, ready for use ◆ appealing design ◆ type and amount of design are in relationship to size of article ◆ creativity in use of design, materials and color	20	
Suitability of Materials ◆ type and quality of materials suited to the purpose	20	
Color ◆ effective, appropriate, in harmony	20	
Workmanship ◆ construction uniform and accurate ◆ no obvious errors in technique ◆ suitable finishing techniques (mounted or framed if appropriate)	25	
Design	15	
Total	100	

Comments: _____

Judge's signature _____

Date _____



4-H Sewing Project Display Score

Date _____

	Total value	Your score
General Appearance has "centre of interest" or focal point color; effective, appropriate, in harmony balance: either formal or informal objects are useful and related to display rhythm: eye is carried easily over the display	50	
Workmanship well-finished, quality work (display) lettering: brief, well-worded	20	
Function display related to year's work (project requirements) informative about project year original design and layout - attracts attention, arouses interest	30	
Total	100	

Comments: _____

Judge's signature _____ Date _____



Record of Your Club's Activities

In this section, keep a record of all the meetings and activities your club has had this year. If you had any special responsibilities, be sure to record them here.

Date	Items discussed, special speakers, activities, responsibilities, location, and so on.



Record of Your Club's Activities (continued)

Date	Items discussed, special speakers, activities, responsibilities, location, and so on.



Record of Your Club's Activities (continued)

Date	Items discussed, special speakers, activities, responsibilities, location, and so on.



Your Clipping Page

Paste your pictures and clippings here. Include information on special club activities and Achievement Day. Other examples: rallies, tours, camping trips, communication activities, district, regional, and provincial events, and so on. Add extra pages if necessary.



Your Clipping Page (continued)





4-H Sewing Project Evaluation

Your input is valuable to the 4-H program! When the project year is finished mail your evaluation to the 4-H Branch in Edmonton.

4-H Branch
7000 113 ST NW RM 200
EDMONTON AB T6H 5T6

What is your favorite project and why? _____

Why kinds of sewing would you like to learn next year? _____

What would make your 4-H sewing project(s) more fun? _____

What would you change with the 4-H sewing project and record book? _____

How did you choose your projects? _____
