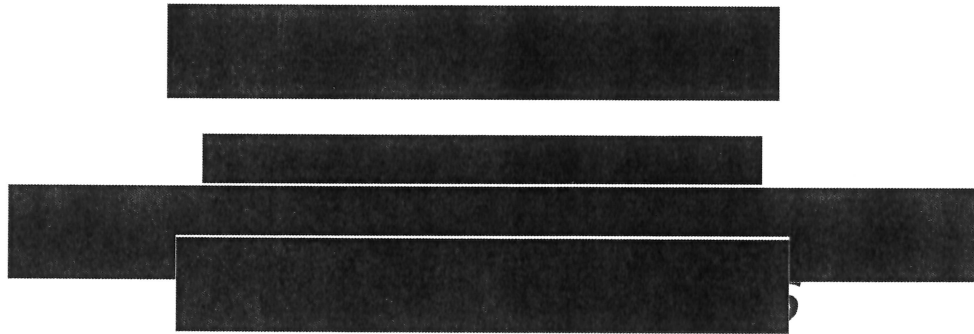
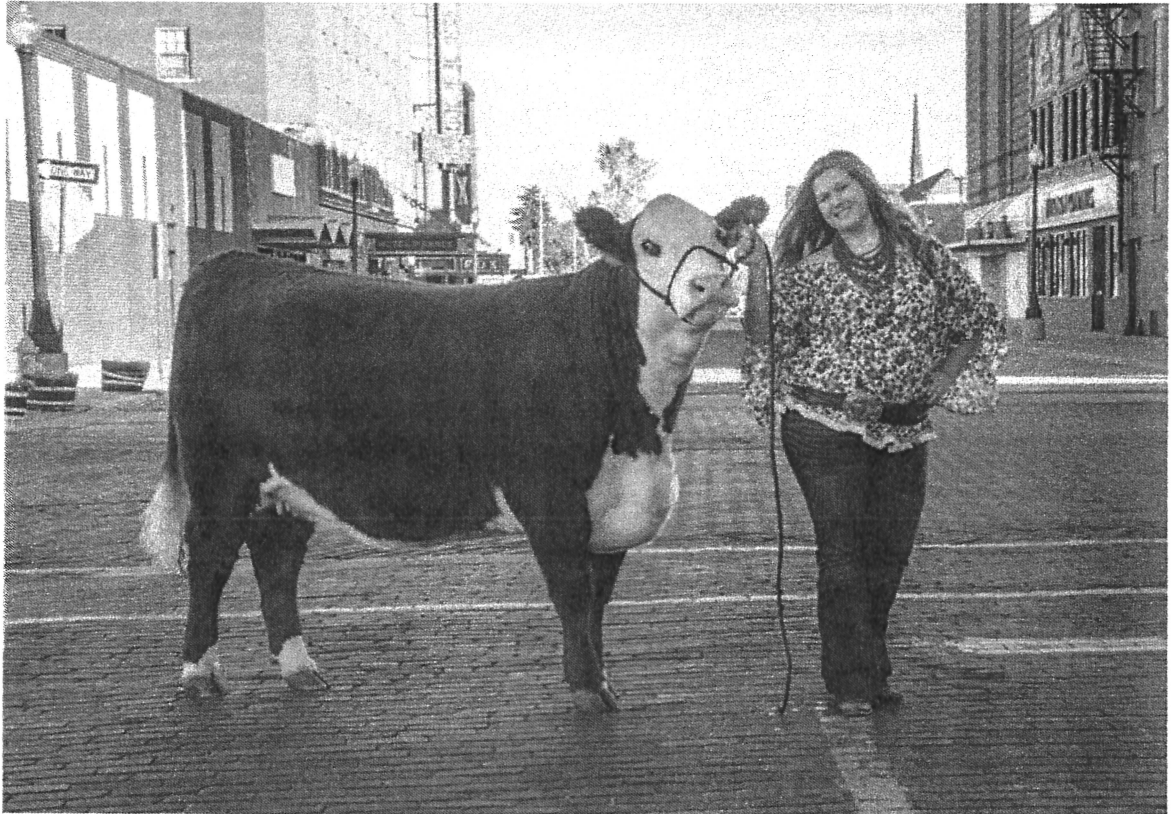


SAMPLE 2

"My Experiences"
For ages 15-18, as of Jan. 1

NEBRASKA 4-H Annual Achievement Application for Award and Recognition



Due January 15, 2019

4-H Experiences:

****Three program experiences:***

Breeding Beef: My favorite project is the breeding heifer project, I have been involved with this project since my first year in 4-H. Winning a class or division is always rewarding and I am always excited when I am chosen for showmanship finals, but the heifer project is way more than that to me. Throughout my years in this project I have begun building my own cow herd. I have learned many lessons, such as selecting heifers that will grow and become productive cows, how to formulate rations and feed them during the many stages of their life, and what characteristics to look for when choosing genetics and breeding for my herd. I have learned about artificial insemination and even have a heifer that was produced from an embryo that I received and placed in a donor cow. I have also learned many lessons in finance such as how to do a cash flow and have experienced the process of borrowing money from the bank. This project has taught me many life lessons that will benefit me in the future.

4-H Modeling: I love to sew and really enjoy modeling the finished product. Modeling has taught me to present myself and my garment in the most professional and flattering way possible. One of my most memorable accomplishments in the modeling project was being chosen as the 2018 Custer County Fair Reserve Champion model and representing Custer County at State Fair. At the Nebraska State Fair I was chosen as one of the top four models. Lessons which ranged from choosing colors and patterns that work for my skin and body type, to constructing the garment to fit and look flattering on me. I believe presenting myself professionally, not only in my actions but also by choosing my attire to fit my situation and to give the best first impression possible will be crucial in a career in Ag Communication and I believe 4-H sewing and modeling as taught me this.

Presentation Contest: I have competed in the Speech and/or Presentation Contest most of my 4-H years. I think it is very important to be able to stand in front of a crowd and present. I am very passionate about agriculture and love to speak about it whenever given the chance. My 2018 presentation was titled "Cowspiracy" and dealt with the many myths concerning production agriculture. I represented Custer County at State Fair and was chosen Top Ag Advocacy Presenter. The most rewarding part was answering the questions from the crowd after my presentation.

****Depth and breadth of my experiences:***

I began my 4-H experience as a clover kid at the age of 7. As a clover kid I made trail mix, a fun poster and my favorite project was my dog. I made sure she had her shots, was groomed and presented her to the judge who had a few questions for me. From there I began my 4-H career with a variety of projects. The year began with me giving a speech. On the way home from the contest I begged my mother to never make me do it again. She then told me that one of the most important things in life is to be able to speak in public and that I have to keep with it until I can easily speak to people both one on one and in a crowd. Little did I know that that little piece of advice would somehow shape me as a person! In the Communications & Expressive Arts I have not only participated in Speech but also the presentation contest. I enjoy the photography project because it is a great avenue for my creative, artistic side. I began with a series of three pictures and this year did a portfolio which contained ten of my favorite pictures.

I have to admit that the Animal Science project is probably my favorite. In Animal Science I have participated in the Market Beef, Breeding Beef, Horse, Cat and the Vet Science Projects. I have participated in the Breeding Beef project since 2010. Over the years I have learned lessons and have grown by learning new clipping and fitting techniques, learned about feedstuffs and balancing rations and the importance of keeping clean water in front of my heifers all the time. I have learned about genetics and choosing the right crosses, artificial insemination and embryo transfer. I have also learned how to select the right animal through competing in livestock judging each year.

My second favorite area is consumer and family sciences and especially sewing. Before I was in 4-H I sewed and exhibited in the open class. Since then I have made shorts, skirts, dresses, and jackets. I have also sewn with wool, sequins and silk. I have displayed projects from Clothing Level I, Decorate Your Duds, Recycle and

Redesign, and Steam Levels II and III. Attention Shoppers and Shopping in Style have taught me how to evaluate my wardrobe and add needed clothing on a budget. I have exhibited Quilts and enjoyed learning from a wonderful lady that taught me many life's lessons.

In healthy lifestyles I started with healthy snacks, over the years I have made biscuits, bread in the bread maker and one of my favorites, creative mixes. In this project you use a premade mix and add ingredients to make a different product. Each year I add ten recipes to a recipe book, I pick my favorite recipes and use this book a lot throughout the year. This year I created projects in food preservation, and yeast products, the most challenging being creative breads where I used techniques like braiding. I have also done cake decorating and table settings. Table settings are fun because I get to use my creative side to pick a theme and create the setting, but I must always remembering proper placement of the plates, glasses and utensils.

I was very lucky to participate in the Citizenship Washington Focus trip. Prior to the trip we attended workshops to prepare for the trip, we learned about county government and how it works, along with taking advantage of leadership opportunities and the importance of community service. On the trip I was in charge of researching where we were going and informing the group about interesting facts and information on each of the stops we made. I was also in charge of handing out and picking up room keys. While in Washington, DC, I was on the Government Committee and helped write a bill concerning Genetically Modified Organisms. I have used my junior leader skills in helping younger 4-Hers with their projects. I have assisted with various projects including cat, modeling, cattle and sewing. Another of my favorite leadership projects was helping with the food pantry. I picked a recipe, put together the ingredients along with the recipe and handed out these packages on food distribution day.

All of the skills learned through 4-H have taught me attention to detail. I have been very successful with my FCCLA projects on the district, state and national levels and I credit much of this success to my 4-H career and learning to follow instructions and finish a project.

Leadership Experiences:

4-H: I have served my club as News Reporter in 2011, Sergeant of Arms in 2013 and Secretary in 2014 and 2015. Each of these leadership roles required me to attend meetings and carry out the job responsibilities.

One of my favorite leadership opportunities was to provide one on one help to younger 4-Hers. It is rewarding to see them implement and get excited about the ideas I give them and I enjoy answering questions and helping the younger members grow and learn. The interesting part about helping others is many times I learn as much as they do.

In 2014 and 2015 I participated on the Custer County Life Challenges team. I enjoyed this experience because it taught me how to think on my feet.

In 2017 and 2018 I was in charge of designing, organizing and putting together a committee to decorate the club booth for the fair and the club float in our town's summer celebration parade. These projects taught me a variety of lessons from forming a committee, planning what we would do, to gathering supplies and setting up a time line of how we would come together to make these projects happen.

One of the most memorable 4-H leadership experiences was the Citizenship Washington Focus Trip. I was given leadership roles which included researching and informing the group about interesting facts at each stop, room key distribution and I served on the government committee that helped write a bill.

Nebraska Junior Hereford Association: I am a member of the Nebraska and National Junior Hereford Association. In 2017 I was elected to the board of directors and in 2018 I was elected to be Historian. The board is in charge of planning the State Junior Hereford Show and carrying out tasks such as organizing job tasks, planning the budget and picking judges. As Historian I am in charge of collecting photographs and creating a slide show summarizing the year's activities which is shown at the banquet and the State show.

Nebraska Hereford Women: I am presently serving as the Nebraska Hereford Queen, with my main responsibility being to promote agriculture and the Hereford breed. I am expected to be present at activities, bull sales and cattle shows to help wherever needed. I will hand out awards at events such as the Denver stock show, Nebraska State show, and the National Junior Hereford Expo. I am also in charge of organizing

and hosting the Queen's Tea which is held at the Nebraska Junior Show and helps to encourage the younger members to run for queen. I served as the Hereford Princess from 2015 to 2018, which helped prepare me to serve as the Nebraska Hereford Queen.

FCCLA: I have served as chapter president in 2016 and 2018. In this roll I worked with the advisor to organize activities, run meetings and prepare for district, state and national contests. In 2013 and 2015 I served as the Chapter Vice President of Students Taking Action with Recognition (STAR). I helped students to choose and complete their projects for competition. In 2016 and 2017 I served as a State PEER Officer in the capacity of Career Historian. In 2017 and 2018 I served as a State Officer and was Vice President of Competitive Events where I helped plan and participated in the State Conference and represented Nebraska at the National conference.

FFA: I am currently serving as our chapter President.

Nebraska Cattlewoman: I am currently serving as the Senior Beef Ambassador and will serve as a beef industry advocate, help committees with functions, present informative presentations to groups that may not be familiar with animal agriculture and attend the state convention.

Community Involvement/Service Learning Experiences:

Food Pantry: When I helped at the local food pantry I decided I wanted to do something extra to benefit the recipients so I put together ingredients to prepare a main dish. My parents donated the ingredients, which I put in clear bags along with the recipe. The recipients were very thankful for the packages.

Senior Citizens Action Day: The Senior Citizens Action Day was a cooperative effort between the FCCLA and school kids. We communicated with Senior Citizens that were in need of projects to be done around their homes. Kids were divided into groups and worked to complete the projects. It was a very fun and productive day and one of my favorite community service projects with local impact.

Career Spark:

My love of and involvement in 4-H has given me many opportunities and it has taught me how to start and complete a project with the proper finishing touches. The 4-H speech and presentation projects have given me the ability to grow as a speaker and a leader. This ability has allowed me to be successful in activities such as speech and one act plays, Career Technical Student Organizations such as Family Career and Community Leaders of America (FCCLA) and Future Farmers of America (FFA). I have won contests on the district, state and national levels and I have competed in places like San Diego, Atlanta and San Antonio. I enjoy sharing my agriculture story with everyone, but especially those that have no idea where their food comes from.

These opportunities have inspired me to choose Agricultural Communication as my major. I feel this major will help me make my biggest impact on the Ag industry. In today's world I feel that as producers we need to be educated so we can eloquently share our stories with consumers. My goal is to work for a breed association, livestock show or livestock magazine providing an avenue for me to share the scientific truths about the industry I am very passionate about. And a minor in graphic design will allow me to use my creative side and potentially explore more career fields.

Having grown up in the Hereford Breed, I am very passionate about this breed. I would love to work with producers and juniors that have a true love for a particular cattle breed. I would also love to work for a livestock show-helping plan, organize and run shows drawing from my lifelong experience in this area. My third career choice is working for an Ag journal allowing me to educate producers and consumers about the true scientific ag facts and with a graphic design minor, I could work on designing livestock sale catalogs and livestock magazines.

It is important to set goals, however, once you set a goal you have to act on it and plan how you will obtain the goal. I have been able to look at my goals and plan how I will achieve my education and career goals with a major of Agriculture Communication and minor in Graphic Design.

Representing Nebraska 4-H (National Application):

Representing Nebraska 4-H: I would like to represent Nebraska at 4-H congress because I feel that my representation would be two-fold. I would like to share the opportunities and resources that my great state has to offer and also to learn from other delegates of other states. I believe that as a good leader it is important to be open to other views and ideas, what better way to do this than in a diverse group such as this.

Sharing your new 4-H Leadership experiences in Nebraska: I would be so excited to return home to share my experiences on so many levels. I would start by sharing in my community; I have found that the younger members of my 4-H club are always willing to grow by trying new things when presented with fun, exciting new ideas. I would also share with my classmates. Beyond the community and county level I have the opportunity to share my new found knowledge with the Nebraska Junior Hereford members. I believe I would have ideas to share as a board member and during my reign as the State Queen. Another place I could implement the skills learned would be through my position as Junior Ag Ambassador for the Nebraska Cattlewomen.

I believe I could present these skills through workshops at meetings, ice breakers and other fun activities during the many functions that I attend during my travels.

As a Nebraska 4-H Youth leader when I look at my state:

I am proud of... As a youth leader I am proud of the fact that Nebraska is # 1 in cattle production and uses the abundance of natural resources to our advantage, yet takes pride in being good stewards of the land.

I am concerned about... I appreciate that the University of Nebraska has one of the top Ag colleges in the nation, however as a person wanting to major in Ag Communications I am concerned that this program is very deficient in our state and especially during a time when it is so important to get our Ag production story out to the consumers of the world.

Another concern I have is that even though we have an abundant supply of resources we must be smart about their use and not take them for granted. I believe that we need to be conservative so that these resources are available to years to come.

I want to start...in Nebraska. As I look at myself as an Ag communicator I would love to start a website, face book page or some other informational site that I can encourage and work with farm and ranch families to share their story. I would like to feature families or individuals from across the state and let them tell their agriculture story.