UT Extension
Form 305C

Tennessee 4-H Citizenship Profile - Section C

Member's Name Ima Trying Year 2004 School Grade (*on Jan. 1*) 10

List things done as an individual 4-H member or as a member of a 4-H group that contributed to the welfare of your club or group members, other individuals, your community, nation and/or world. Include the kind, size and scope of each activity. This may include the number of people involved, hours of service, length of project, items made, etc.

1. **4-H project citizenship**. List this year's citizenship and community service experiences related to the project you are profiling in Section A.

Name of 4-H Project Nutrition/Health/Fitness

Kind of Project or Activity	Size and Scope of What You Did
Made bread for elderly	15 loaves for senior citizens
Baked cakes for charity fundraiser	Donated 5 cakes to children's home for bake sale
Made nutrition coloring book	Used with 30 SPIFFY members to teach food pyramid
Prepared recipe book for diabetics	Extension agent distributed at 3 diabetic cooking schools

2. **Other citizenship activities**. Report activities which do not relate to your main project under one of the following headings.

a. **Government**. List activities related to local, county, state and national government.

Kind of Project or Activity	Size and Scope of What You Did
Interviewed County Executive	Learned about public road laws
County history tour	Visited 8 historical sites in my county
Legislative visits	Visited offices/interviewed state senator & representative
Voter registration	Set up voter registration booth at shopping mall
GIS mapping	Helped map location of fire hydrants in the city

b. **Global**. List activities which contributed to a better understanding of world issues and/or increased cultural awareness.

Kind of Project or Activity	Size and Scope of What You Did
Pen pal	Exchanged letters with girls in Canada and Mexico
Foreign exchange	Hosted a foreign exchange student for 5 weeks
Project Bokonon	Collected medical supplies a clinic in Belin, West Africa
Cloverville, USA/João Pessoa, Brazil sister cities	Worked with mayor to establish relationship between cities
Cultural event	Attended international fair at local mall

c. **Family, friends and community**. List activities which contributed to the welfare and/or understanding of your family, friends and community.

Kind of Project or Activity	Size and Scope of What You Did
Arbor Day	Planted 3 trees at my school
Health Department	Put up posters for county rabies clinic
Adopt-a-Highway	Helped Honor Club clean up 2 miles (4 times/year)
Recycling	Helped my club collect 140 lbs aluminum & 1000 lbs glass
Acres for Black Bears	Organized 4-H'ers to collect money ($164.88 - 15 hrs)
Flag etiquette	Taught 18 4-H'ers correct way to fold American flag
Nursing home	Visited residents at Thanksgiving/delivered 8 fruit baskets
Charity drive	Helped mail letters for March-of-Dimes Walkathon
Toys for Tots	Collected old toys/delivered to collection center for repair
Citizenship training	Took course on CPR
Web design	Created Web page for senior citizens' center