

Heritage Arts Record

Crochet, Miscellaneous Heritage Arts—Fiber and
Non-Fiber, Knitting, Quilting



2022-2023

Project:	Name:
Unit Number and/or Title:	4-H Club:
Year in this Project: (include current year)	County:
Age Group (check one): <input type="checkbox"/> Junior (8-10) <input type="checkbox"/> Intermediate (11-13) <input type="checkbox"/> Senior (14-18)	
Birthdate: (mm/dd/yy)	
Age: (As of December 31, of current 4-H year)	

Project and exhibit guidelines for each project are listed in the State Fair Exhibit Requirements available on the web at Colorado4h.org

*I declare that the information in this book is correct, and all 4-H requirements have been completed to the best of my knowledge. **(This should be signed at the end of the project.)***

Member's Signature	date
Leader's Signature	date
Parent/Guardian Signature	date

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How I Participate in 4-H!

Categories of Participation	Total This Year	Description/Project Title
What 4-H Projects are you taking this year?		
What activities helped you learn the skills for this project? (project meetings, workshops, classes, contests, etc.)		
What Leadership Development experiences did you participate in? (club/district/state/officer, committee chair, LDC, CLC, YouthFest, State Conference, Jr./Teen leader, pledge leader, etc.)		

4-H	Date	Hours	Activity/Title	Location
Citizenship/ Community Service				
Demonstrations/ Presentations/ Speeches		N/A		
		N/A		
		N/A		

Project Expense and Income/Value

*Expenses: **Juniors only**, figure the cost of the specific ingredients and materials use for your final exhibit item or display board. Label the item "Exhibit" or "Board". You can add a more specific name. **Intermediates/Seniors**, list items **purchased** this year for your project, such as tools, ingredients, class fees, etc. (More pages can be added if needed.)*

Item	Project Expenses
	\$
	\$
	\$
	\$
TOTALS	\$
<i>Income or Value: Intermediates/Seniors Only 1. List practice items you made--like cakes, cookies, bags, room decorations--and estimate the value by comparing it to a similar item you could buy. 2. Record the value of your exhibit item by comparing it to a similar item you could buy. Display boards have no value. 3. Record the amount of money you received for any items you sold as Income.</i>	Income or Value
	\$
	\$
	\$
TOTALS	\$

Return on Investment

Intermediate and Senior Members

Every day we make decisions about where to spend our time and money and what activities we want to continue. Ask yourself: How did I benefit from this project? What knowledge and skills did I gain from the project? Did I enjoy it? Was it worth the expense? Could I spend money more wisely the next time? Is it worth doing again? Do I want to learn more?

1. What knowledge and skills did you learn that you can use again?

2. How could you use your new skills to save money or to make money?

3. If you made a product to sell, how would you decide a price for your product?

4-H Heritage Arts Page

Crochet, Knitting, Needle Arts, Rug Making, Quilting, Miscellaneous – Fiber (weaving, spun skeins, felted bags, batiked fabric, hooked pillows, Navajo rug, Macramé, etc.), Miscellaneous – Non-Fiber (Native American beading, silver smithing, Ukrainian eggs, paper scrolling, wood carving, etc.)

1. **History of the Heritage Arts Selected** -- No more than two pages (Crochet Unit 1, Misc. Fiber & Non-Fiber, Knitting Unit 1, Quilting)

Write a brief history report about the specific craft you selected as your project. Where did it begin? How did it start? Why was it started? Attach the history report with the references after this page in your record. List references you used:

- Junior members at least one or two references.
- Intermediate members two or three references.
- Senior members three or more references.

2. **Copy of the pattern used** -- Securely attach a readable copy of the pattern, if used.
 3. **Crochet and Knitting Only** -- List your gauge for this item (not the pattern or yarn gauge).
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4. **Crochet Unit 2 and Knitting Unit 2** -- Discuss yarn substitution:
 - a. How do you determine to change yarns?
 - b. How do you adapt your stitches or pattern to different weights of yarn?**Crochet Unit 3 and Knitting Unit 3** – Discuss blocking and finishing techniques:
 - a. What method of blocking is preferred for different fibers?
 - b. Give examples of the finishing techniques you used to make your project complete.List references used:
 - Juniors (8-10) one or two references
 - Intermediates (11-13) two or three references
 - Seniors (14 and older) three or more references

5. **Quilting Only** -- List the stitches per inch on your item.
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6. **Quilting Only** -- List the skills (at least three for Units 1 and 2 and at least two for Units 3-6) that you learned and are used on your quilt.
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6. **Quilting Unit 5 Only** -- Include the following:
 - a. Picture, sketch, or description of inspiration.
 - b. Any sketches, drafts, computer generated designs or blocks.
 - c. Calculations, measurements and any adaptations or changes.
 - d. Process or steps descriptions.
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-
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Photographs from your 4-H Project

A minimum of four pictures with a descriptive caption for each is required. Additional photos can be added. Pictures must be project-specific.

4-H Story

Length and Format Guidelines

You can type or hand-write your story. If you hand-write the story, use pencil or ink on lined white notebook paper.

If a computer is used to write the story, use plain white paper with no smaller than 12-point font.

Leave wide enough margins so the story can be read if inserted into a report cover.

Limit your story to a maximum of two (2) pages.

Story can be single or double-spaced as long as it does not exceed two pages.

Younger members may want to double-space their story so you can see what you are writing.

Be sure to use proper grammar and sentence structure.

Edit your story when finished. Check your spelling.

Have someone else read your story.

The following questions may help you in composing a story specifically related to your project:

Why did you choose this project?

What goals did you set and which ones did you reach?

What are your 4-H goals for next year?

What would you do differently if you were to try it again?

What skills have you learned in the program?

Have your projects grown in size and scope?

Were any adults or other 4-H members especially helpful to you? How?

Has 4-H helped you become a better leader and citizen?

What has being a 4-H member meant to you?