



## Earning Your Spark Achievements

Member Name:		4-H Club/Unit:	
4-H Adult Volunteer or Teen Leader Name:		County:	

Leadership Activity <i>Complete one activity for each Spark Achievement</i>	Date Completed	Minutes or Hours	What did you do?
Serve on a 4-H committee at any level.	Sept-Oct 2022	2	I served on the Game Night committee for my club. We had one committee meeting in September to decide on a date and the snacks, and then I helped welcome members to the event in October and helped with the drinks and snacks.
Lead a 4-H group activity.	November 2022	4	I helped lead the 4-H STEM Challenge: Explorers of the Deep for my club. We did the group activity after the Nov. Club meeting. It took 4 hours to read and understand the activities, and run the activities with everyone.
Be a 4-H officer.	Sept 2023-May 2024	20 hours	I served as the Healthy Living officer for East Hills. I attended the club meetings as a officer and presented tips and information about healthy living at 4 of the meetings.
Enroll and participate in a leadership project at any level.			
Attend a 4-H leadership conference, workshop, or training at any level.			
Be a junior or teen leader (if 11 years or older).			



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Civic Engagement Activity <i>Complete one activity for each Spark Achievement</i>	Date Completed	Minutes or Hours	What did you do?
Visit (virtually or in person) a place of historical significance to your community.	December 2022	1	Visited San Francisco City Hall, which was rebuilt by 1915 after the 1906 Earthquake destroyed the previous building. We also learned about the history of San Francisco from the early Gold Rush days through today.
Participate in a 4-H community service donation drive that benefits a community organization outside of 4-H.			
Learn about your local (city or county) government and how it works.			
Give a talk inside or outside of 4-H, about something you learned in a 4-H community service or civic engagement or civic education experience.	Feb 2022	2	Gave a short report about my trip to SF City Hall at the February club meeting.
Participate in a 4-H sponsored or organized civic engagement activity or event.	October 2023	2	Participated in an activity at our club meeting learning about the two chambers of Congress in Washington DC as well as the Legislature here in California. We looked up our representatives for both.



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Project Learning Activity <i>Complete one activity for each Spark Achievement</i>	Date Completed	Minutes or Hours	What did you do?
Complete two 4-H projects each of which is at least six hours of educational experience.	May 2023	20	I completed an Archery project and a Fiber Arts project.
Participate in a 4-H judging contest or junior judging contest at any level.			
Create a flyer, poster, video, or slideshow for a project skill that teaches the reader something you learned in the project.			
Give a talk at any level about something you learned in your 4-H project(s).	October 2023	2	Prepared and gave a talk about learning how to shoot an arrow and bow at the East Hills October Club meeting.
Participate in a 4-H event or activity that demonstrates your project knowledge to an audience, judge or evaluator.	June 2023	10	Submitted my knitted toy as an exhibit at the Alameda County Fair. Won a blue ribbon.

Projects Enrolled In:	Year	Hours	Project Leader Name
Archery	2022-2023	10	Jack B.
Fiber Arts	2022-2023	12	Kris K.
Archery	2023-2024	10	Jack B..
4-H 101	2023-2024	12	Noelle K.



Member Name:	Ally Easton	4-H Club/Unit:	East Hills
4-H Adult Volunteer or Teen Leader Name:	Kristine Konrad	County:	Alameda

Healthy Living Activity <i>Complete one activity for each Spark Achievement</i>	Date Completed	Minutes or Hours	What did you do?
Complete an activity that explores healthy nutrition inside or outside of 4-H.	March 2023	1	Participated in a healthy living activity at the East Hills March club meeting. We learned about the differences between simple and complex carbohydrates, what foods have them, and why they have different effects on the body. We also learned about what diabetes is and how it is treated.
Complete an activity that explores physical activity and fitness inside or outside of 4-H.	Jan 2023	1	Participated in a healthy living activity at the East Hills January club meeting. We learned about how much exercise and what kind of exercise we should be getting every week. We also learned that younger kids should get most of their activity playing and running around, but older teens can start doing strength and cardio workouts.
Complete an activity that explores social and emotional wellness inside or outside of 4-H.			
Participate in a 4-H Healthy Living event at any level.			
Be involved in an activity outside of 4-H that requires at least 25 hours of active participation and shows you are connected to your community.	2022-2023	50+	Played on a soccer team that had weekly practices and games.



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Communication Activity <i>Complete one activity for each Spark Achievement</i>	Date Completed	Minutes or Hours	What did you do?
Give a 4-H presentation that follows the 4-H Presentation Manual.	Feb 2023	10	Prepared and gave a presentation on "The Basics of Archery" at the County Presentation Day (won gold) and the Regional Presentation Day.
Write an article or blog post for a 4-H publication or about 4-H.	April 2023	2	Wrote an article for the East Hills newsletter.
Give an event or project report at a 4-H meeting at any level (project, unit, multi-unit, county, etc.).	April 2023	2	Gave a project report about Archery at the April club meeting.
Write a letter to someone that supports 4-H.			
Make a video that promotes 4-H to the community.			
Appear as a guest representing 4-H for radio or television.			



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Community Service Activity <i>Participate in one community service activity for each Spark Achievement</i>	Date Completed	Minutes or Hours	What did you do?
Spark Achievement 1: community service activity	October 2022	2	Made Halloween cards for the San Lorenzo Meals on Wheels to give to their senior clients.
Spark Achievement 2: community service activity	November 2022	2	Made Thanksgiving cards for the San Lorenzo Meals on Wheels to give to their senior clients.
Spark Achievement 3: community service activity	December 2022	2	Made holiday cards for the San Lorenzo Meals on Wheels to give to their senior clients.
Spark Achievement 4: community service activity			

From your work on Spark Achievements, think about the activities that gave you the most joy. Think about the things that make you really excited to do more of. Think about the things that you could use to make a positive difference in the world. Those things could be a spark for you.

When you have completed Spark Achievement Level 4, list your spark(s) here:




## Spark Achievement Pin Application Form

*Submit this form as you earn each new Spark Achievement level.*

**ONLY** collect signatures in each box as you complete one full Spark Achievement. Signatures show that you have completed and earned one Spark Achievement level. One full Spark Achievement = 1 unique activity in each category: Leadership, Civic Engagement, Project Learning, Healthy Living, Communication, and Community Service.

<b>Member Name:</b>		<b>4-H Club/Unit:</b>	
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*You must complete ONE activity in each category and one community service activity offered by the unit to earn each of four (4) Spark Achievement Levels.*

### Spark Level 1:

<b>I wrote this report, and it is correct. I am applying for a Spark 1 pin.</b>	
My age today is:	
Member's Signature:	Date:
<b>I have reviewed this report and the member has completed the Spark Achievement 1 level.</b>	
Parent/Guardian Signature:	Date:
4-H Adult Volunteer or Teen Leader Signature:	Date:

### Spark Level 2:

<b>I wrote this report, and it is correct. I am applying for a Spark 2 pin.</b>	
My age today is:	
Member's Signature:	Date:
<b>I have reviewed this report and the member has completed the Spark Achievement 2 level.</b>	
Parent/Guardian Signature:	Date:
4-H Adult Volunteer or Teen Leader Signature:	Date:



## Spark Achievement Pin Application Form (continued)

### Spark Level 3:

I wrote this report, and it is correct. I am applying for a Spark 3 pin.	
My age today is:	
Member's Signature:	Date:
I have reviewed this report and the member has completed the Spark Achievement 3 level.	
Parent/Guardian Signature:	Date:
4-H Adult Volunteer or Teen Leader Signature:	Date:

### Spark Level 4:

I wrote this report, and it is correct. I am applying for a Spark 4 pin. (Be sure to list your spark(s) on page 6.)	
My age today is:	
Member's Signature:	Date:
I have reviewed this report, and the member has completed the Spark Achievement 4 level.	
Parent/Guardian Signature:	Date:
4-H Adult Volunteer or Teen Leader Signature:	Date: