

Hoke Smith Annex Building
University of Georgia
Athens, Georgia

January 9, 2009

Dear Judge,

This portfolio is a combination of my 4-H activities, my project work, and other activities for the past year of 2008.

It is amazing to see how my 4-H years as a teenager are almost completed. Looking back at every activity and all the help I have put in for my county's 4-H members and the community, makes me proud to be a part of the 4-H Club. My experience all started when I was being carried around as a small child to all the 4-H events and meetings, because of my mom being a Program Assistant. I can remember coming out to the 4-H Extension Office and being admired by the other agents and employees. I officially was able to participate and compete in 4-H events when I was in the fifth grade. Since then, I have been active and haven't stopped yet, leading me here for 2009's District Project Achievement.

I am a competing member of the Poultry Judging team, Horse Quiz Bowl team, Cotton Bowl Consumer Judging team, and a member of the County's Extension Leadership System 4-H Program Development Team. I participate in club meetings, community service projects, horse club meetings, and fair booth projects. My favorite 4-H activity has to be serving as a Teen Leader at Cloverleaf Camp. There are not many clubs or organizations that have the variety of activities or volunteers to help offer this to their community.

Over the years of 4-H I have had the chance to meet new people, learn and obtain new materials, prepare for the life ahead of me, and give me the chance to teach others. Being able to put a large amount of information into a portfolio is quite accomplishing at the end. To look back and see that I did so much is rewarding. To me District Project Achievement is just not about competing, it's about being able to share information you know to others and maybe making a difference to someone or something.

This year for District Project Achievement, I will be giving my demonstration in the Workforce Preparation category. I decided to do my project about the nursing field, which I became interested in when my sister became a Registered Nurse. Hearing all the details of what happens in the hospital or how you can make an impact on a patient fascinated me into this future career. Thankfully, my high school offers classes that can prepare me for the medical field. The classes allow me to do hands on activities, learn new material, and to go out into the community to test my skills. In the end, all this hard work will be rewarded with me becoming a Certified Nursing Assistant.

I would like to thank you for taking your time to read my portfolio from my final 4-H year. It has been an honor to have the chance at an event such as this. I hope my portfolio meets all the requirements, and hope you have found my last year of 4-H accomplishing and exciting!

Sincerely,

Holly Carter

Main Project Work

- Working toward achieving the position of Certified Nursing Assistant through taking a Nursing Essentials class through Camden County High School's Health Academy
- Learned and demonstrated how to wash hands correctly in Nursing Essentials class at Camden County High School
- Learned and demonstrated the proper way of putting on and taking off gowns, mask, and gloves in Nursing Essentials class at Camden County High School.
- Learned and demonstrated the proper way of personal hygiene and cleaning for the elderly in Nursing Essentials at Camden County High School. (This combines washing of the face, arms, legs, back, and perinea care).
- Learned and demonstrated the proper way of feeding the elderly in Nursing Essentials at Camden County High School.
- Learned and demonstrated the proper way of taking dirty linen off a bed and putting on new linen in Nursing Essentials at Camden County High School
- Learned and demonstrated the proper way of catheter cleaning for the elderly in Nursing Essentials at Camden County High School
- Learned and demonstrated the proper way of doing range of motion on an elderly person in Nursing Essentials at Camden County High School
- Learned and demonstrated the proper way to take blood pressure assessments in Nursing Essentials at Camden County High School
- Took Medical Terminology Class to learn the abbreviations of medical words and also the body systems, functions and diseases, to help me prepare to be a Certified Nursing Assistant
- Researched information on Breast Cancer and Reproduction Diseases for a project in my Medical Terminology class at Camden County High School
- Interviewed nurse at Doctors office about types of nursing jobs
- Interviewed nurse about what classes to take to be a nurse and what colleges are the best for the nursing professions
- Researched nursing program at Armstrong Atlantic State University including requirements, classes, and campus life
- Researched nursing program at Abraham Baldwin Agricultural College including requirements, classes, and campus life
- Began application for the nursing program at Armstrong Atlantic State University
- Took ACT Assessment Test in order to further my education at a college or technical school
- Attended presentation by Administrator of Health Academy, which focused on how being in the health academy would prepare student for careers in the medical field
- Attended presentation by the Administrator at Magnolia Manor Assisted Living Home about what skills were needed to be in the health care field and how to be prepared for working with elderly patients
- Played a career game that described careers and their focus with a workforce preparation group from Brunswick, as part of my Health Occupations Two Class

Main Project Sharing and Caring

- Volunteered at Magnolia Manor Assisted Living Home with hands on activities related to skills learned in Nursing Essentials class daily for two week, total of 24 volunteer hours
- Volunteered at Halloween Event at the Camden County Rehab Center for kids with Down syndrome by dressing up in nursing scrubs and taught the kids how to play at each game station, 4 volunteer hours
- Performed skills learned in Nursing Essentials class on patients at Camden County Nursing Home
- Presented a project on Breast Cancer to Medical Terminology class
- Presented a project on the Reproductive System to Medical Terminology class
- Presented a PowerPoint presentation related to senses on the inner ear to Medical Terminology class
- Created a project on all of the human body systems in my Health Occupation Two class, which included pictures and information on what the system does and the diseases that affect the body systems
- Shared information about the Certified Nursing Assistant Program with fellow classmates
- Help our Nursing Essentials teacher set up our new classroom with new beds, manikins, desk, chairs, and other materials being used for class
- Baby sat a young boy who was on a feeding tube and demonstrated the proper way to dress and care for a child in that situation

4-H Leadership

- Served as a Teen Leader at Cloverleaf Camp at the Rock Eagle 4-H Center, assisted at camp by directing 4-H'ers and parents to their buses the morning of camp, by wiping off chairs and tables for Cafeteria Staff after breakfast and lunch, and helped counselors with classes in the blue string rotation
- Encouraged Cloverleaf girls in cabin to show their Muskogee spirit by bringing finger nail polish and ribbons for girls to wear
- Served as Voting Delegate at District Project Achievement at Rock Eagle 4-H Center.
- Member of Camden County Extension Leadership System 4-H Program Development Team
- Member of the 4-H Clover Country CD Fundraising Team, assisted with sales by creating and sending out commercials, radio broadcasts, flyers, and at events including Woodbine Fire Wise Celebration and Palmetto Oaks Pro Rodeo
- Served as a Teen Leader at Fifth Grade Officers Training by presenting information about officer duties, leading songs, and crowd control
- Served as a Teen Leader at County Project Achievement as a presentation judge
- President of the Senior 4-H Club
- Planned, made and packaged cookies for our county Transportation System and Recreation Center to thank them for their support of the 4-H club
- Called all Senior/Junior 4-H'ers reminding them to make and bring two dozen cookies for thank you gifts
- Presented information to Cloverleaf 4-H'ers at 4-H Cloverleaf Camp Orientation
- Attended 4-H middle school meetings and helped give advice and information on 4-H
- Called Senior 4-H'ers and reminded them about meetings
- Helped plan and presented at the 4-H Awards Banquet
- Helped set up, decorate and clean up after the 4-H Awards Banquet
- Helped set out chairs and clean up after the 4-H Horse Club meeting
- Taught candling to the newest members of Poultry Judging
- Volunteered at the Crawfish Festival in Woodbine for the Woodbine Steering Committee by serving food and drinks

Community Service/Citizenship

- Donated can-tabs for the Ronald McDonald House
- Donated money for a change drive for Red Ribbon week at our Camden County High School
- Donated two shoe boxes of gifts for Camden Foster Program for Christmas
- Donated money for a change drive to Toys for Tots at Camden County High School
- Made baby blankets for newborn babies at Camden County's Hospital
- Help decorate a tree for Christmas at Camden County Nursing Home
- Made bird feeders out of a cardboard box house using peanut butter and birdseed that were donated to the Camden County Nursing Home or anyone who would have liked to receive one
- Donated school supplies for Camden Kids program through the Department of Children and Family Services

4-H Activities

- Participated in 2008 District Project Achievement in the Health project focusing on Food Allergies
- Entered Fair Booth Project on Food Allergies in the Brunswick Fair
- Participated in the State Horse Quiz Bowl contest at Rock Eagle
- Participated in the District and County Poultry Judging Competition, attended 9 practices
- Participated in District and County Cotton Boll Consumer Judging in Statesboro, Georgia, attended 5 practices
- Member of 4-H Senior 4-H Club, attended 8 meetings
- Member of 4-H Horse Club, attended 6 meetings
- Member of 4-H Community Service Club, attended 4 meetings and events

Other Activities

- Supported Camden County High School Football Team for making it to play-offs by having a door-decorating contest, cheering them on when getting on the bus to leave, and making signs
- Supported Camden County High School Football Team for winning State Championships by making signs and help pass out goody bags
- Attended production of "Chorus Line" in New York City
- Attended "Christmas Spectacular" at Radio City Music Hall in New York City
- Attended Macys Thanksgiving Day Parade in New York City

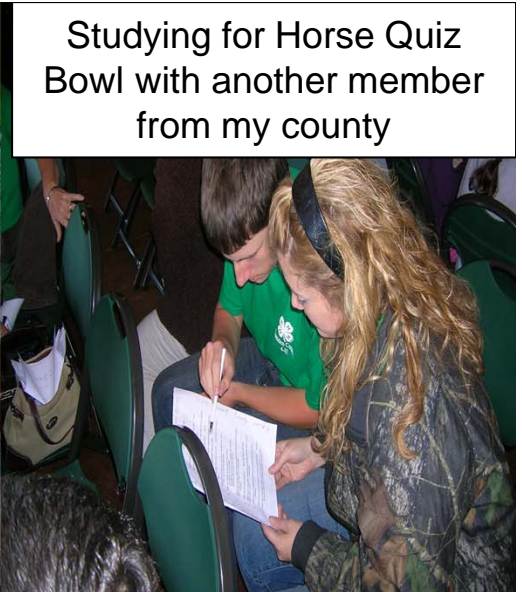
Decorating trays with cookies



Competing at Cotton Boll & Consumer Judging



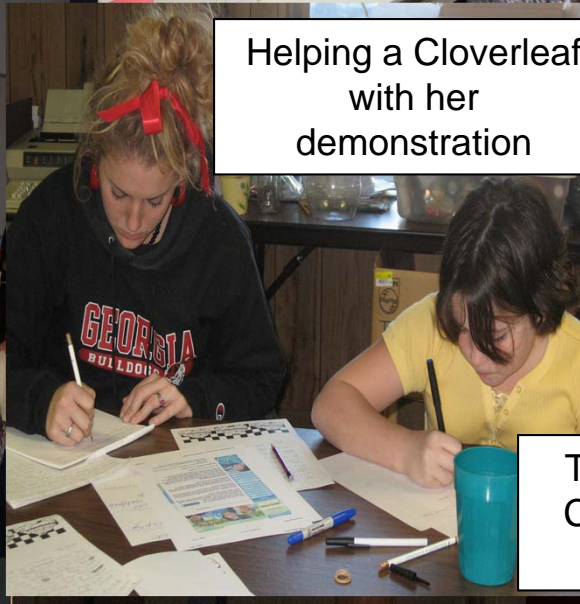
Studying for Horse Quiz Bowl with another member from my county



Helping make baby blankets for new borns at our county hospital



Helping a Cloverleaf with her demonstration



Teaching 4-H songs to Cloverleaf's at Officers Training



Me grading ready-to-cook chickens at Poultry Judging Competition

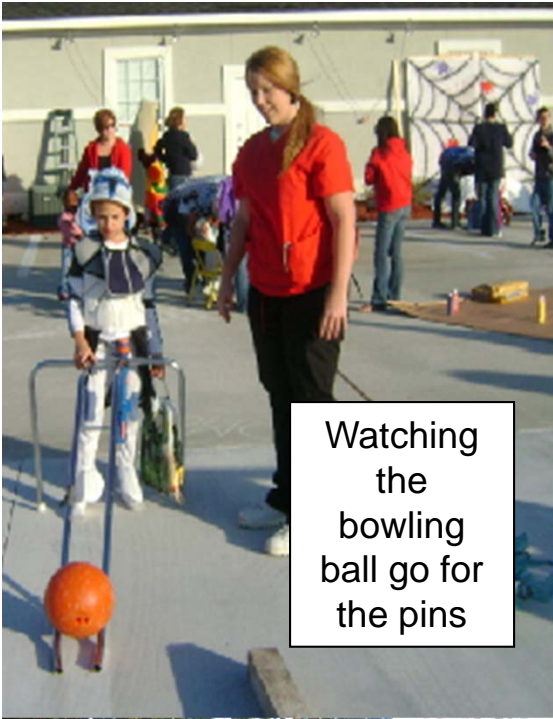


Helping my 4-H county agent at Cloverleaf Camp Orientation



Selling Clover County CD's at a county local event





Watching the bowling ball go for the pins

Judging at our county's Cloverleaf Project Achievement



Helping one kid with the bowling



Our county 4-H'ers before leaving 2008 DPA



Giving my presentation on Food Allergies at 2008 DPA



Setting up the bowling game for one of the kids



Teen leaders on duty at Cloverleaf Camp



Giving treats out