



# Heather Rider Leadership Award for Young Adults

## Nominations must be received by August 15

The Washington State 4-H Program recognizes an outstanding 4-H alumni, age 19-22 years of age (as of September 1 of the current year) who has exhibited outstanding leadership and service to others. Heather Rider was a Cowlitz County 4-H member who served as a State Ambassador and on the State 4-H Advisory Board. She touched many lives in her 4-H career before her life was cut short in September 2005. The recipient of the Heather Rider Leadership Award will be honored at the State 4-H Annual Recognition Event held on October 25, 2025.

Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Nomination must include:

- This cover sheet with nominee and nominator’s name and contact information.
- Narrative essay describing the past and present leadership of the nominee and their engagement in local, county, state and/or national 4-H programs. (Limited to 2 pages with 1-inch margins, no smaller than 12-point font).
- If selected, a digital photograph (600 dpi or greater) will be requested no later than September 15.

Nominator Contact Information (You may be contacted for further information.)

Nominator: \_\_\_\_\_ Relationship to Nominee: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

For consideration, this nomination form and narrative essay must be submitted by August 15 to:

Jana S. Ferris, WSU Volunteer Specialist  
PO BOX 370, Marysville, WA 98270  
(509) 335-7109; email: [ferrisj@wsu.edu](mailto:ferrisj@wsu.edu)