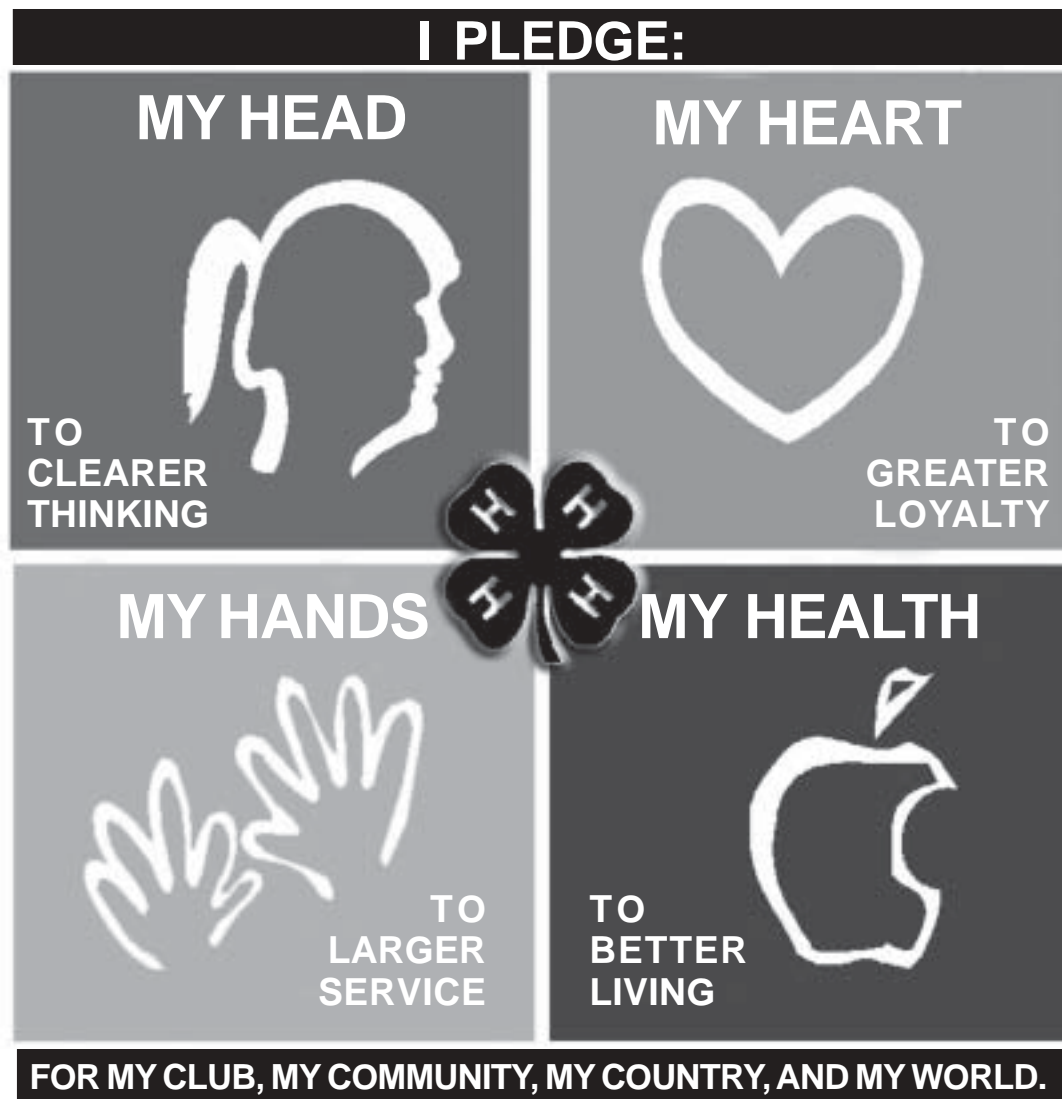
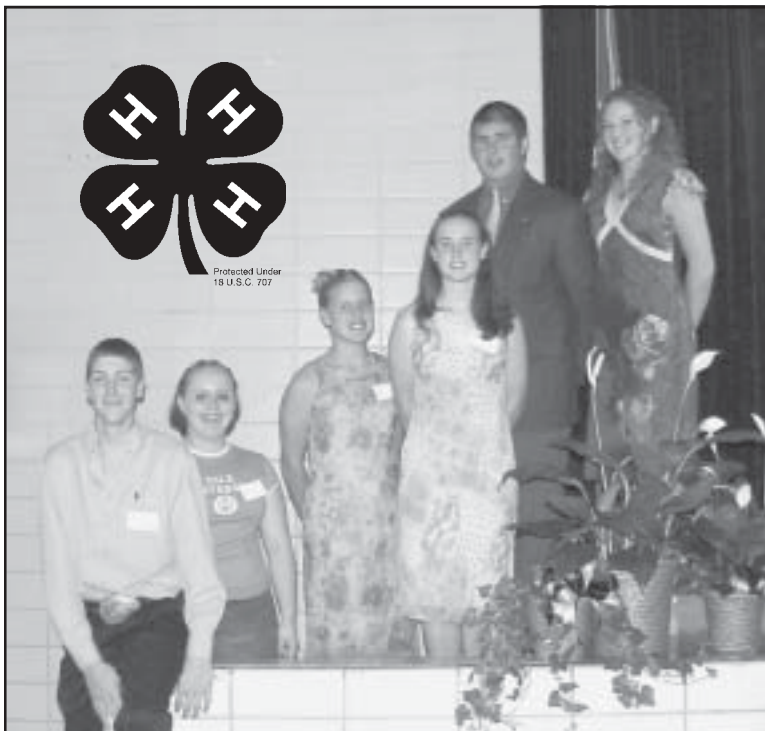


# WASHITA COUNTY



## 4-H Events/Activities/Awards HANDBOOK

Revised: August 2003



## 2003-2004 Washita County 4-H Officers

From right:

**Whitney Gray, Sentinel High School,  
County 4-H President**

**Colton House, Washita Heights High  
School, County 4-H Vice President**

**Jade Pankratz, Burns Flat/Dill City  
Junior High, County 4-H Reporter**

**Devon Ringo, Burns Flat/Dill City  
Junior High, County 4-H Secretary**

**Laura Rice, Sentinel Junior High,  
County 4-H Photographer**

**Tyler Peck, Sentinel High School,  
County 4-H Songleader**

*Dear 4-H Families,*

Welcome to the Washita County 4-H Program. The 4-H mission is to help young people become motivated, productive and contributing members of society as they “learn by doing.” 4-H projects develop life skills through project areas in which young people are interested. The USDA, Oklahoma State University, and Washita county government make our 4-H program possible.

This *Washita County 4-H Handbook* is designed to assist 4-H members, their families, and our volunteers in having a successful 4-H year. The handbook outlines the 4-H program and describes events, club

procedures, scholarships and awards available to 4-H members in Washita County.

4-H members, parents, and volunteers are encouraged to communicate with the 4-H staff. We are always happy to help. Additional information, rules and guidelines will be published in the *Washita County 4-H Newsletter* which is mailed throughout the year to every 4-H member. Other sources of information are the Washita County OSU Extension Service website or the Extension 4-H educator.

*Sincerely,*

### **Washita County Oklahoma Cooperative Extension Center**

**125 W. Main, Cordell, OK 73632**

**580-832-3356**

**1-800-477-5832**

**peckml@okstate.edu**

**<http://agweb.okstate.edu/washita/4h.htm>**

**8:00 a.m. - 4:30 p.m.**

***Monday through Friday or by appointment***

Mary Peck, Extension Educator, 4-H

Kristy Spalding, Extension Educator, FCS/4-H

Dirk Webb, Extension Educator, Agric/4-H & CED

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age, disability, or status as a veteran, and is an equal opportunity employer.

## **4-H PLEDGE**

**I pledge my head to clearer thinking  
my heart to greater loyalty  
my hands to larger service, and  
my health to better living  
for my club,  
my community,  
my county, and  
my world.**



## **4-H MOTTO**

**To make the best better.**

## **4-H EMBLEM**

**The green four-leaf clover has a white “H” on each leaf to represent one of the four H’s—Head, Heart, Hands, and Health.**

## **4-H SLOGAN**

**Learn by Doing**

## **4-H COLORS**

**The white stands for purity.  
The green, nature’s most common color,  
represents life, springtime and youth.**

## **THE VISION**

**Oklahoma 4-H will be recognized as a national leader in developing youths' abilities to become productive citizens and catalysts for positive change to meet the needs of a diverse and changing society.**

## **THE MISSION**

**4-H, the youth development program of the Oklahoma Cooperative Extension Service, provides opportunities for all youth to reach their fullest potential by developing and enhancing skills for living.**



# THE 4-H CLUB RITUAL

VICE PRESIDENT: **“Please stand.”**

CLUB MEMBERS: *All members rise and stand erect.*

VICE PRESIDENT: **“We will now give the Pledge to the Flag.”**

*At attention facing the flag with your right hand placed over your heart, repeat together the Pledge of Allegiance.*

VICE PRESIDENT: **“We will repeat the 4-H Club Pledge.”**

CLUB MEMBERS: **“I pledge  
 My head to clearer thinking,  
 My heart to greater loyalty,  
 My hands to larger service, and  
 My health to better living for  
 My club, my community, my country, and my world.”**

*In repeating the pledge, raise right hand to side of head when speaking line No. 1; lower right hand over heart when speaking line No. 2; extend hands, palms upward, when speaking line No. 3 and stand at attention when speaking line No. 4.*

VICE PRESIDENT: **“What is the 4-H Club Motto?”**

CLUB MEMBERS: *In unison “To make the best better.”*

VICE PRESIDENT: **“We will now review the meaning of the emblem. What is the National 4-H Club Emblem?”**

CLUB MEMBERS: **“The National 4-H Club Emblem is the four leaf clover with the letter ‘H’ on each leaflet running parallel with the midrib of the leaflet.**

VICE PRESIDENT: **“What do the four H’s on the club emblem represent?”**

CLUB MEMBERS: **“They represent the equal training of the head, heart, hands and health of every member.”**

VICE PRESIDENT: **“For what is the head trained?”**

CLUB MEMBERS: **“To think, to plan, to reason.”**

VICE PRESIDENT: **“For what is the heart trained?”**

CLUB MEMBERS: **“To be kind, to be true, to be sympathetic.”**

VICE PRESIDENT: **“For what are the hands trained?”**

CLUB MEMBERS: **“To be useful, to be helpful, to be skillful.”**

VICE PRESIDENT: **“For what is the health trained?”**

CLUB MEMBERS: **“To resist disease, to enjoy life, to make for efficiency.”**

VICE PRESIDENT: **“In the All-Star Emblem, what does the Fifth H represent?”**

CLUB MEMBERS: **“The Home.”**

VICE PRESIDENT: **“In what way can we be a help in our home life?”**

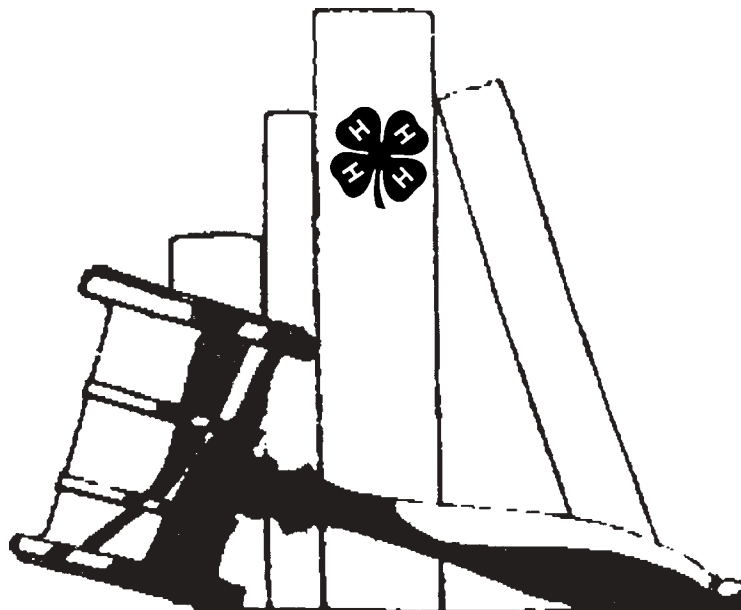
CLUB MEMBERS: **“By striving to train for a home life that represents true character, comfort, and contentment.”**

VICE PRESIDENT: **“Be seated, please.”**

# 4-H CLUB ORDER OF BUSINESS

## Order of Business

Call Meeting to Order	President
Opening Exercises, 4-H Club Ritual, Songs	Various Officers
Roll Call	Secretary
Reading and Approval of Minutes	Secretary
Treasurer's Report	Treasurer
Outstanding Bills	Treasurer
Correspondence	Secretary
Committee Reports	Committee Chairman
Project Club Reports	Project Club Volunteer
Unfinished Business	President
New Business	President
Announcements	President
<b>Program</b>	Presenter(s)
<b>Recreation</b>	Game Leader
<b>Refreshments</b>	Refreshment Leader
<b>Adjournment</b>	President



## 4-H Cloverbuds

4-H Cloverbud Program is a noncompetitive program for boys and girls ages 5 years old—3rd grade. Cloverbud Clubs are established in Cordell, Sentinel, Canute and Burns Flat/Dill City. For information on setting up a Cloverbud Club in your area, contact the Washita County OSU Extension Center.

## 4-H Teen Leaders

The Washita County 4-H Teen Leaders is a club consisting of Senior 4-H members 13-19 years of age, or in the 7th-12th grades. 4-H members can be Teen Leaders in addition to their local senior club work. The Teen Leader members meet once a month and participate in many citizenship and leadership activities. The Teen Leaders assist at all county 4-H events. If you are interested in joining the Washita County 4-H Teen Leaders, contact the Washita County OSU Extension Center at 580-832-3356.

## 4-H Project Clubs

Project clubs are dedicated to one primary project. Members are encouraged to participate in regular 4-H clubs as well as their project clubs. Project clubs are organized upon demand and if there is sufficient volunteer support to provide leadership. If you wish to start a project club in your community, please contact the OSU Extension Center in Cordell. Project clubs currently available are as follows:

### WRANGLERS 4-H HORSE CLUB

This 4-H club specializes in the 4-H horse project. 4-H members can belong to the Wranglers 4-H Horse Club in addition to or instead of a traditional 4-H club. This club meets throughout the school year as well as participating in district and state horse events.



*Shooting is fun both at practice and meets.*

### SHOOTING SPORTS CLUB

This 4-H club specializes in the shooting sports project. 4-H members can belong to the Shooting Sports Club in addition to or instead of a traditional 4-H club. A 4-H member must be 10 years old by January 1 of the school year and have completed an Oklahoma Hunter Safety Course. (Ex: The child is 9 years old and he/she will turn 10 by December 31. That child can participate in the Shooting Sports Club). This club meets in the spring and fall and attends district and state shooting events.

### DOG OBEDIENCE

This 4-H activity consists of a 10-week hands-on course covering the basic of dog care and obedience. Those interested should contact the Washita County OSU Extension Center for the next scheduled courses.



*Both owners and dogs are rewarded after Dog Show.*



*Wrangler Horse Club members attend both educational programs and shows.*

## Washita County 4-H Fund-Raisers

### 4-H BEAN SUPPER AND CARNIVAL

The 4-H Bean Supper and Carnival is the major fund-raising event for the Washita County 4-H. The event is held each year before Halloween. Each 4-H club in the county is responsible for selling tickets, holding a carnival booth, and helping with the bean supper. All the money raised goes to help maintain the 4-H program in Washita County. (*Ex: Proceeds go to buy ribbons and awards and help pay for part of the expense of 4-H trips.*)

### OTHER FUND-RAISERS

- Concession Stand at the Washita County Spring Livestock Show during late February or early March.
- Ronald McDonald Campaigns—Local clubs keep 27% of the money they raise through ticket sales and



10% goes to the county 4-H fund. Any money won on the state level by the county goes into the county fund.

## Washita County 4-H Volunteers

The 4-H program in Washita County depends heavily on our volunteers. The volunteers organize and lead local clubs, help plan county events, and assist the Extension educators. All parents and volunteers are encouraged to attend the quarterly business meetings of the Washita County 4-H Parents and Volunteers Organization. This organization is responsible for advising the Extension educators on program policies and implementation of events and activities. They also budget the donated funds that support the Washita County 4-H.

The role of our 4-H Volunteers is as follows:

- Volunteers organize and conduct local 4-H club meeting and events; and/or,
- Volunteers advise 4-H club members in their 4-H project work and teach skills pertaining to those projects; and/or,
- Volunteers serve as responsible role models for youth in the 4-H program, and volunteers help to facilitate many programs and activities on the local, county and state levels.

### CERTIFIED 4-H VOLUNTEERS

If you are interested in working with 4-H youth as an organizational volunteer, a project club volunteer, a chaperone, or in any situation that is unsupervised, you need to complete the Oklahoma 4-H Adult Volunteer Application.

The first step is to submit the Oklahoma 4-H Adult Volunteer Application available from the Washita County OSU Extension Center or on-line at <http://agweb.okstate.edu/fourh/newpage/opp/vol/volcert.htm>. Once you complete this application, mail it to the Washita County OSU Extension Center in Cordell.

A volunteer advisory committee (VAC) chaired by the county Extension 4-H educator will review it. The VAC may choose to conduct interviews and contact references. If you are accepted, you must attend an orientation session and agree to attend at least four training sessions in addition to signing a volunteer behavioral guidelines form (*in order to maintain your status as a 4-H volunteer, you must complete the enrollment form and participate in four training sessions annually*).



# Clover Donor Program

*Every youth owes it to himself and to the world to make the most possible out of the stuff that is in him.*

*Orison Swett Marden*

The quote above relates to the work the Washita County 4-H Program is doing with the youth of Washita County. This is an exciting time in our program with families hungry for the type of programming that 4-H does best. With Washita County's strong 4-H tradition and your help, we can create even more success stories with more youth than ever!

Awards and recognitions plus many of our activity/event supplies must come from donations or fund-raisers. Donations collected through this campaign will be used throughout the upcoming year for events and activities for the Washita County 4-H Program. Furthermore, as a donor, you will receive recognition throughout the year for supporting our events and activities. Your donations allow us to raise the quality of the programming we offer to our young people and add much needed incentives and rewards for a wider group of youth. Donors who contribute receive special recognition at our Washita County 4-H Achievement Program. Targeted levels for support are as follows:



- Green Clover** up to \$49
- Bronze Clover** \$50 to \$74
- Silver Clover** \$75-\$99
- Gold Clover** \$100 and over



Make your checks payable to the Washita County 4-H, PO Box 31, Cordell, OK 73632.

## 4-H Alumni Program

- Do You Remember ...**
- **Your first 4-H camp**
  - **Your first speech or demonstration**
  - **Your first blue ribbon**
  - **Your first county fair/stock show**
  - **Your first 4-H Roundup**

What was your most memorable 4-H experience? Chances are it was a trip to 4-H camp or Roundup. When you join the Oklahoma 4-H Alumni Association, you will help a 4-H member make their own 4-H memories.

- 60% of your 4-H Alumni membership fee will directly help the 4-H member YOU designate participate in 4-H activities on the County, District, State and National level.

- 40% of your 4-H Alumni membership fee will be used by the Oklahoma 4-H Foundation to provide additional support to trips and scholarships as well as provide 4-H Alumni member service.

As a member of the Oklahoma 4-H Alumni Association you will receive: A 4-H Alumni window sticker, a membership card, and a quarterly newsletter; plus, the opportunity for individual recognition and personal development.

Annual Dues: Individual—\$20; 4-H Couple—\$35; Life—\$200  
Make check payable to: Oklahoma 4-H Alumni Association  
Send this slip and your payment to the Oklahoma 4-H Office  
205 4-H Youth Development, Stillwater, OK 74078.

4-H Alumni Association Membership Name \_\_\_\_\_

Maiden Name \_\_\_\_\_ Home County \_\_\_\_\_

Current County Residing In \_\_\_\_\_ Address (Home) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

E-mail \_\_\_\_\_

4-H Projects/Interests \_\_\_\_\_

Trips/Awards \_\_\_\_\_

Birthday \_\_\_\_\_ Years in 4-H \_\_\_\_\_ to \_\_\_\_\_

Designate 4-H member receiving 60% of your membership fee \_\_\_\_\_

# Washita County Events and Activities that You can Do!

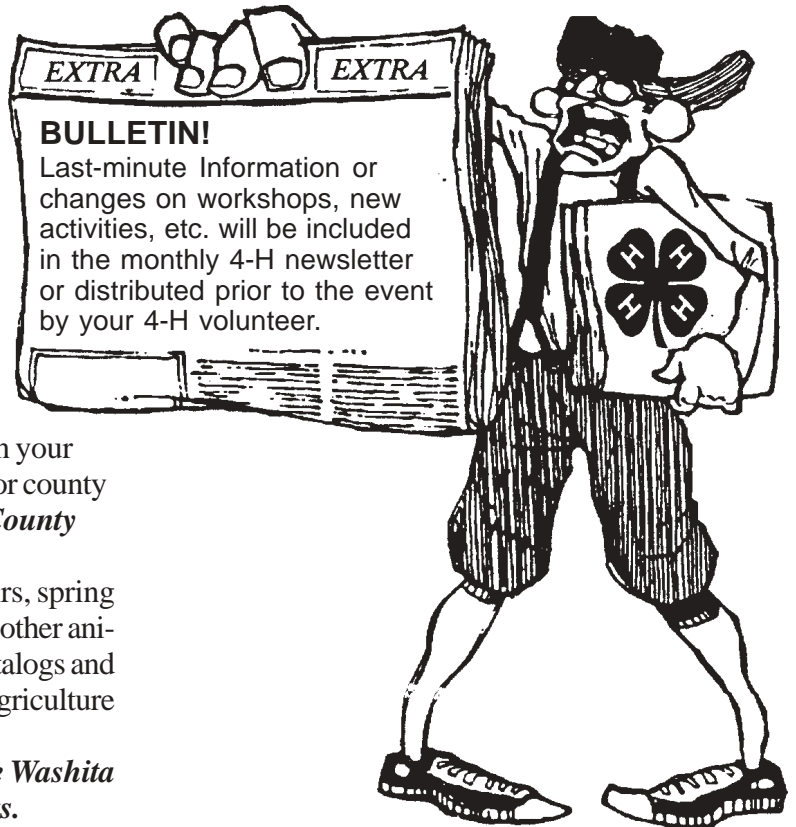
A description of our major county events are included in this section of the handbook for your use in being an active 4-H member, volunteer or parent.

Please study this section of the handbook and refer to it as the year progresses. Don't hesitate to contact the Washita County OSU Extension Center if you have any questions or comments concerning any of the 4-H events and activities.

Most information on events and activities is provided in this handbook. Plan ahead! Mark your calendars and start now on your projects. Last minute details about these major county events and activities will be in the *Washita County 4-H Newsletter*.

Information for the county and state fairs, spring livestock show, summer livestock events and other animal events are available in their respective catalogs and leaflets. Check with our office or your local agriculture education instructor for this information.

*Specific dates will be published in the Washita County 4-H Newsletter prior to the events.*



## County Activities

Shooting Sports *(Fall or Spring)*

Dog Obedience *(When courses are offered)*

Horse Showing *(Spring, Summer, Fall)*

Meat Judging *(Spring)*

Livestock Judging *(Summer, Fall)*

Livestock Showing *(All year)*



*Cloverbuds look great at Impressive Dress Contest.*

## County Events

County Free Fair *(August or September)*

4-H Leadership Training *(August or September)*

Bean Supper and Carnival *(October)*

Share-the-Fun *(November)*

Junior 4-H Roundup/Crafts Fair *(December)*

Food Show and Favorite Food Tasting Luncheon *(January)*

Public Speaking Contest and Communication Arts Event *(February)*

Job Readiness Contest *(February)*

Spring Livestock Show *(February)*

Fashion Revue *(April)*

Impressive Dress *(April)*

Achievement Program *(May)*

County 4-H Camp *(June or July)*

# Changes in Washita County 4-H Events and Activities

*Beginning September 1, 2003*



*4-H members perform at Share-the-Fun.*

- The Washita County 4-H Share-the-Fun will be held on two days. We will have the Junior 4-H Share-the Fun and then the Cloverbud and Senior 4-H Share-the-Fun.
- Categories have been redefined for the Impressive Dress Contest. Check them out!
- The Washita County 4-H Speaking and Communication Arts Event will be held on a Wednesday afternoon instead of a Saturday.

## Guidelines for Posters and Displays

**\*\*\*USE OF 4-H CLOVERS ON POSTERS AND DISPLAYS:** When using the official clover with H's, the tail should curve to the right and the words 18 U.S.C. 707 must appear under the lower right leaflet, unless poster and clover are hand drawn.

**\*\*\*SIGNING AND DATING OF EXHIBITS:** Exhibits must be permanently signed and dated in an inconspicuous location if material permits. Some exhibits that must be signed and dated are posters, displays, arts and crafts including fine art, ceramics, woodworking and woodcrafts, herbarium cards, seed boards, forestry exhibits, model rocketry, etc.

**\*\*\*GUIDELINES FOR POSTERS:** Posters must be constructed on poster board 14" x 22" (1/2 of a poster board). They may be horizontal or vertical. Posters may be produced by any medium: watercolor, ink, crayon, acrylic, charcoal, collage, computer, etc. Do not use three-dimensional pieces on posters. All posters must be flat. Copyrighted or trademarked cartoon characters must not be used because of copyright problems. Posters do not have to be heat laminated to enter in the county fair. Also, on the back in the upper left-hand corner, 4-Her's name, age, full address and a statement that describes the poster must be listed. Posters must include the 4-H Clover or mention 4-H.



**\*\*\*GUIDELINES FOR EDUCATIONAL DISPLAYS:** All educational displays must have stable freestanding backs with sides attached and be three-dimensional. Unless otherwise specified, displays will be 3' x 3' x 3' in size. There will be no solid dividers between booths. Use lightweight material for ease in transporting. Models, photographs, posters or other means of display may be used. Do not include valuables, food items that will spoil or potentially harmful products in any educational display.

**\*\*\*GUIDELINES FOR DISPLAY BOARDS:** Display boards must be 2' x 3' and must have a single 1/4" hole drilled at the top center of the board to allow for display. All display boards must be permanently signed and dated on back.

# Washita County Free Fair

The Washita County Free Fair is held at the beginning of the school year. All 4-H members are encouraged to exhibit their project work at the county fair and there is no entry fee. Guidelines for exhibits can be found in the Washita County Free Fair Catalog which is available in early August at the Washita County OSU Extension Center or on the Washita County OSU Extension website. New nine-year-old 4-H members can enter exhibits in the fair. They are to follow the guidelines listed for the first year 4-H projects.

## Projects that can be Entered in the Fair

- Cloverbud Projects
- Poster-Art Exhibit
- Educational Booth Display
- Photography
- Leisure Education and Cultural Arts (Crafts)
- Technology Exhibits
- Science Discovery Projects
- Fabrics and Fashion
- Personal Image Exhibits
- Consumer Education Exhibits
- Textiles Science and Care
- Home and Personal Living Space
- Babysitting/Child Care
- Food Preparation Exhibits
- Food Preservation Exhibits
- Personal Development
- Postmarks
- Electric Exhibits
- Model Rocketry
- Woodworking Projects
- Shooting Sports
- Insect Exhibits
- Honey Exhibits
- Tree Leaf Exhibit
- Geology
- Wildlife Projects
- Fish Exhibits
- Bird Exhibits
- Wildflower Study
- Environmental Stewardship
- Cotton Exhibit
- Corn Exhibit
- Grain Sorghum Exhibit
- Threshed Grain Sorghum
- Small Grain Exhibit
- Legume Seed Exhibit
- Peanut Information Exhibit
- Forage Plants
- Home Gardening
- Fruit Exhibit
- Home Garden Food Basket
- Home Grounds
- Herbarium Cards
- Terrariums
- Beef Cattle
- Swine
- Sheep
- Horses
- Poultry
- Rabbits



## Livestock Projects

4-H members who exhibit livestock at fairs, including the Washita County Free Fair, shows, or other events, are required to follow the Oklahoma 4-H and FFA Show Ring Code of Ethics listed in the catalogs of our state shows.

In most cases, 4-H sheep, swine and beef projects in Washita County are under the direct supervision of your local agriculture education instructor. If this is not the case, contact the Washita County OSU Extension Center immediately so that you will receive needed livestock show information as it becomes available.

### DRESS CODES

**Washita County Free Fair:** 4-H exhibitors are encouraged to wear show attire that represents the 4-H program. No head gear.

**Washita County Spring Livestock Show:** 4-H exhibitors follow the guidelines for the Oklahoma Youth Expo in OKC as listed below.

**Oklahoma Youth Expo:** 4-H exhibitors must wear a vest, shirt, t-shirt or jacket of the appropriate color of the organization they represent, with an official emblem of at least 2 1/2 inches; no head gear allowed.

**Tulsa State Fair:** 4-H exhibitors are required to wear a 4-H jacket that is dark or "Kelly" green in color, with a 4-H Clover (green with white H's) either on the back that is no smaller than seven inches and/or on the front that is at least three inches in size, clean pressed jeans, clean shirt with collar; tie or scarf optional. If it is extremely hot weather at the fair, show officials, at their discretion, may implement the dress code from the Oklahoma Youth Expo (listed above) and let you show without a jacket.

**Oklahoma State Fair:** No specific dress code.

## Washita County 4-H Achievement Program

The 4-H year ends by honoring the hard work of our 4-H youth and volunteers at the Washita County 4-H Achievement Program conducted by the Washita County 4-H Officer Team. 4-H members who have submitted 4-H Record Books receive their awards for the work they have completed. Also, champions from the major 4-H events throughout the year receive their trophies at this time. Donors and volunteers are thanked for their contributions to the 4-H. The highlight of the program is the induction of the Washita County 4-H Hall of Fame.

All 4-H members, parents and volunteers are encouraged to attend this very special program.



## Washita County 4-H Share-the-Fun

The Washita County 4-H Share-the-Fun is held in the fall. This “talent show” of sorts is a time for 4-Hers to display their talents in large group, small group, or individual acts. Acts can be musical, dramatic or novelty. Musical acts can be vocal, instrumental, or combination of both. Dramatic acts can be plays or readings (*humorous or serious*). Novelty acts can be stunts, skits, acrobatics or rhythmic acts, folk dances or games, baton twirling, pantomiming or combination of these. Educational displays and posters will be displayed and judged while the Share-the-Fun acts are performing.

### GENERAL GUIDELINES

- The Share-the-Fun is divided into three divisions—Cloverbud, Junior and Senior.
- The Cloverbud Division is for any enrolled 4-H Cloverbud member and it is a noncompetitive event. Participants will receive participation ribbons.
- Junior Division is any 4-H member who is a sixth grader or younger.
- Senior Division is any 4-H member who is a seventh grader or above. First place overall group act and first place individual will represent Washita County at the Southwest District Share-the-Fun.
- Each club can have as follows:
  - One large group act (5 people or more); two small group acts (2-4 people) and no limit on individuals or**
  - Two large group acts; one small group act; and no limit on individuals.**
- Acts should be on stage no longer than six minutes, with a total time of ten minutes, including set up and tear down.

## Washita County 4-H Camp Clover

Washita County 4-H Camp is a three-day camp held during the summer break and is open to both junior and senior 4-H members in Washita County. The camp features lots of hands-on activities and recreation. Counselors are selected from Senior 4-H members who apply in the spring. Parents and volunteers are welcome to attend camp and assist with its implementation. Watch your *Washita County 4-H Newsletter* in early spring for details about camp.

4-H members can collect “Cans for Camp” to help pay their 4-H camp fees. Cans may be turned into the Washita County OSU Extension Center anytime throughout the year. 4-H members will be credited one penny for every can they bring to our office. 4-H members can also sell their cans to an aluminum recycling center.

### STANDARDS OF EXCELLENCE

- Originality shown, interpretation of material, skill, timing, smoothness and grace of routine.
- Appropriateness of costumes, light and sound effects, stage props, atmosphere appropriate to the theme of the act.
- Ability to project, to reach the audience.
- Did the audience like it?
- Was it entertaining?
- Did the 4-H members have fun doing it?

### PROJECT EDUCATIONAL DISPLAY

An individual or a group of 4-Hers may prepare display. Educational display must be an in-depth look at a 4-H project relating to Performing Arts. Refer to educational display guidelines listed on page 10 of this handbook.

### PROMOTIONAL POSTER

4-H promotional poster designed to promote the Share-the-Fun. Refer to the poster guidelines listed on page 10 of this handbook.

# Washita County 4-H Junior Roundup and Crafts Fair

Junior Round-Up is a fun morning of craft and project workshops taught by the Washita County Teen Leaders and senior 4-H members. Christmas crafts are usually a favorite. All the workshops are free to all Cloverbud and Junior 4-H Members. Junior 4-H Roundup gives Junior 4-H members the opportunity to participate in hands-on activities, and to *learn by doing*. Junior Round-Up is festive and fun for all. Crafts entered in the Crafts Fair will be judged and displayed while members are participating in the workshops.

## CRAFTS FAIR

### LEISURE ARTS

#### Cloverbuds

Non-competitive division. All participants will receive a participation ribbon. They can enter any project they wish.

**Juniors - Ages 9 - 13 (as of Jan. 1 of school year)**

**Seniors - Ages 14 - up (as of Jan. 1 of school year)**

- Fine Arts - pencil, charcoal, ink
- Fine Arts - water color
- Fine Arts - oil or acrylic
- Ceramics - glazed (maximum of one piece)
- Ceramics - stained (maximum of one piece)
- Pottery - original design made from clay using a process of hand molding or a potter's wheel.
- Print Process Article - block printing and other printing methods.
- Decorative Textile Craft - silk screening, stenciling, textile painting, batik.
- Wood Carving Article.
- Woodcraft - original design.
- Woodcraft - kit.
- Metal Craft - embossed, tooled, etched.
- Metal Craft - Soldered or welded.
- Nature Craft - Article made from natural materials.
- Bead Craft Article
- Leathercraft - kit
- Leathercraft - original design
- Wax Candle
- Gel Candle
- Fabric Craft - needlepoint, crewel, embroidery
- Fabric Craft - cross-stitch or counted cross-stitch
- Fabric Craft - quilted and/or appliquéd
- Fabric Craft – item decorated with machine embroidery
- Fabric Craft - knitted or crocheted
- Fabric Craft - doll or animal
- Creative Textile Craft Article - Made only from techniques of weaving, latch-hook, braiding
- Puppet
- Paper Craft
- Diorama, no larger than 18" x 18" x 18"
- Miscellaneous (*items that cannot be entered in any other class.*)

Ceramics should be signed before firing. All exhibits must be signed and dated if size and material permits

### WOODWORKING

#### Cloverbuds

•Non-competitive division. All participants will receive a participation ribbon. They can enter any type of wood-working project that they wish.

**Beginning (Ages 9 - 11 as of Jan. 1 of school year)**

- Wall mounted rack for hot pads, ties, paper towels or other wall-mounted items.
- Puzzle or game
- Spice, whatnot or other small shelves
- Bookends

**Intermediate (Ages 12 - 14 as of Jan 1 of school year)**

- Bookcase or entertainment center (without doors).
- Gun, baseball bat, fishing rod or similar rack.
- Wood lathe project
- Refinish item - attach before picture and story with history of item and description of process used.

**Advanced (Ages 15 - over as of Jan. 1 of school year)**

- Gun, curio, or display cabinet (with doors)
- Table
- Chest
- Wood lathe project
- Refinish item - attach before picture and story with history of item and description of process used.

## PROJECT EDUCATIONAL DISPLAY

An individual or a group of 4-Hers may prepare display. Educational display must be an in-depth look at a 4-H project relating to Leisure Education and Cultural Arts (Crafts) or Woodworking. Refer to educational display guidelines listed on page 10 of this handbook.

## PROMOTIONAL POSTER

4-H promotional poster designed to promote the Washita County Junior 4-H Roundup. Refer to the poster guidelines listed on page 10 of this handbook.



# Washita County 4-H Public Speaking

## PUBLIC SPEAKING CONTEST

**Cloverbuds:** Noncompetitive division for Cloverbud members. All participants will receive a participation ribbon.

**First Year:** 3rd and 4th grade 4-H members who have never competed in the County 4-H Public Speaking Contest.

**Junior:** 4th, 5th and 6th grade 4-H members. Includes 4th grade 4-H members who gave speeches as 3rd graders in last year's contest.

**Senior:** 7th through 12th grade 4-H members.

## CONTEST DIVISIONS

**Cloverbuds:** All speeches, illustrated presentations and demonstrations are given together. Suggested time limit of one minute.

**Regular Speech:** No props or posters of any kind. Time limit is 2-4 minutes for Junior division. Time limit for the Senior Division is 5-7 minutes.

**Illustrated Presentation:** An illustrated presentation is a speech given with props or posters. Time limit is 5-12 minutes for both juniors and seniors.

**Team Illustrated Presentation:** These illustrated presentations are speeches given with props or posters and are given by a team of two people. Both team members should have equal speaking parts. Time limit is 5-12 minutes for both junior and senior members.

**Individual Demonstration:** A demonstration shows how to make or do something. You need to have a finished product on hand to show at the end of the demonstration. Time limit is 5-12 minutes for all 4-H members.

**Individual and Team Foods Demonstration:** Same guidelines as above except members will be evaluate against the Foods Demonstration Standards of Excellence available on the web at <http://www.agweb.okstate.edu/washita/4h.htm>.

**Team Demonstration:** These demonstrations shows how to make or do something and are given by a team of two 4-H members. Both team members should have equal speaking parts. You need to have a finished product on hand to show at the end of the demonstration. Time limit is 5-12 minutes for all 4-H members.

**Individual PowerPoint Presentation:** A PowerPoint presentation may be on any topic. A computer and computer projector will be provided for this contest. Contestants may bring their file on a CD or a 3.5 diskette (No zip disks). Presentation must be 5-7 minutes in length and have at least 10 slides created by the contestant.

## JOB READINESS CONTEST

Open only to senior 4-H members who are 13 years of age by January 1 of the school year. Winner in each division is eligible to compete at the state contest at State 4-H Roundup. Contestants will submit an application folder that includes a resume, a job description sheet, a letter of application or a home-based business flyer, and a completed job application form, then be interviewed. Call the Extension Center for more details about this contest.

## TECHNOLOGY SHOW

1. Digitally-altered photograph taken with a digital camera taken by the exhibitor. Exhibit includes a print of the original photograph, labeled "original photo", and the digitally-altered photograph, labeled "altered photo". Must be securely attached to a poster board no larger than 14" x 14". Attach up to 1/2 page of written explanation of the alterations to the back of the exhibit.

2. Digitally-altered scanned image. Exhibit must include the original image, labeled "original image," and the print of the digitally-altered image, labeled "altered image". Must be securely attached to poster board no larger than 14" x 14". Attach up to 1/2 page of written explanation of the alterations to the back of the exhibit. Trademarked images may not be used.

3. Flat flyer (one-sided) designed by the exhibitor to promote a club or county 4-H education program or activity. Computer-generated flat flyer (8½" x 14"). Should be securely attached to an appropriate-sized poster board.

4. Brochure, card or invitation related to 4-H (double-, tri-, or four-fold measuring 8½" x 11" or 8½" x 14" before folding). Attach two flat copies of the brochure (one side showing the front and other side showing the back of the brochure) to an appropriate-sized poster board. Attach a large envelope to the back of the poster board for a folded copy of the brochure.

5. Web page designed by the exhibitor for their 4-H Club, Extension Office, County 4-H Program, or their own personal home page that includes content related to 4-H. Exhibit consists of a folder containing a printout of each page of the web page and a 3.5" diskette(s) or CD with all necessary computer files. To explain layering that cannot be clearly depicted without printouts, up to 1/2 page of written explanation may also be included.

6. Power Point Presentation related to 4-H. Display includes a printout of at least five slides and script/presentation notes in a notebook or folder. Include presentation file on a labeled 3.5" diskette (in an envelope).

# and Communication Arts Event

## PHOTOGRAPHY SHOW

A **photo can be entered only one year.** Photos must be taken by the 4-Her exhibiting. 4-Hers can exhibit in only one unit and may enter only one exhibit per class in that unit.

**Prints:** Black-and-white or color prints may be exhibited. Digital photos may be entered. Computer-enhanced photos are not allowed in the 4-H Photography Section but may be entered in the 4-H Science and Technology Section.

**Captions:** Each print must have an individual caption.

**Boards:** Prints must be securely attached to the surface of a white or a colored poster board or mat board. No double matting, use of multiple layers or more than one color. The entire print must be seen and cannot be masked in any way. Boards must be 10" x 10" or 14" x 14".

**Title and other information:** Each board must have a title. The front of each board must also have an "information box" in the lower right-hand corner containing the following information: class number, camera type, brand and model, and film size. The back of each board must contain exhibitor's name and county.

**Cloverbuds:** Noncompetitive division for Cloverbud members ages 5-8. All participants will receive a participation ribbon. Cloverbuds can enter any type of photo that they have taken.

**Age Divisions:** Unit 1 and Unit 2 will be divided into Junior (Ages 9-13 as of Jan. 1 of the school year) and senior (Ages 14 and over as of Jan. 1 of the school year).

### Unit 1. Adventures with Your Camera

For members with adjustable or nonadjustable cameras and who have taken pictures for three years or less. Poster boards should be 10" x 10" or 14" x 14". Photos must be no smaller than 3<sup>1</sup>/<sub>2</sub>" x 3<sup>1</sup>/<sub>2</sub>" and no larger than 4" x 6", except when panoramic view photos are used.

- Four photos, one from each of the following categories: people, animals, plant life and scenery.
- Four photos of people doing different things showing a variety of activities, camera angles and lighting choices.
- Four otherwise outstanding photos showing common mistakes in picture taking. The caption for each print must correctly identify what is wrong and provide an appropriate solution to prevent the mistake.
- Series of four photos telling a story or illustrating a single event.
- Best individual photo made this year. Print size can be up to 8" x 12".

### Unit 2. Exploring Photography

For members with adjustable cameras and who have taken pictures for six years or less. Poster board should be 10" x 10" or 14" x 14", except classes 14 and 18. Photos must be no smaller than 3<sup>1</sup>/<sub>2</sub>" x 5" or larger than 4" x 6" except when panoramic view photos or in Classes 14 and 18.

- Four photos showing good composition, such as placement of subject, framing, contrast or perspective. The caption for each photo or the title of the board must explain the ideas being illustrated.
- Four action photos. Each caption must include film speed, shutter speed, and aperture setting if the photo was taken with a camera allowing shutter speed or aperture setting to be changed.
- Four photos showing effective use of light (such as natural and electronic flash). Each caption must include film speed, shutter speed, and aperture setting if the photo was taken with a camera allowing shutter speed or aperture setting to be changed.
- Best individual photo up to 8" x 12" taken this year.

### Unit 3. Master Photography (All ages)

For members with adjustable cameras and who have taken pictures for more than six years. Poster board must be 14" x 14". Each caption must include film speed, shutter speed, and aperture setting if the photo was taken with a camera allowing shutter speed or aperture setting to be changed.

- Four photos showing members' knowledge of one of the following: different lenses, electronic flash, photo lamps, existing light, filters, or special effects. The caption for each photo or the title of the board must explain the idea(s) being illustrated.
- Four outstanding "people" pictures.
- Four landscapes or nature photos.
- Best individual photo up to 8" x 12" taken this year.

## PROJECT EDUCATIONAL DISPLAY

An individual or a group of 4-Hers may prepare display. Educational display must be an in-depth look at a 4-H project relating to communication arts: Speaking, Photography or 4-H Technology Projects. Refer to educational display guidelines on page 10 of this handbook.

## PROMOTIONAL POSTER

4-H promotional poster designed to promote the 4-H Public Speaking and Communication Arts event. Refer to the poster guidelines listed on page 10.

# Washita County 4-H Fashion Revue

The Fashion Revue features garments that 4-Hers have sewn themselves. Garments are judged on construction and fit. 4-Hers may enter in as many classes as they wish in their age division. Additional information will be available nearer to the event from the Washita County OSU Extension Center and your 4-H Volunteer.



- Button with thread shank and button with shank
- Snap and hook and eye samples
- Hem samples: machine top-stitch hem; catch stitch (*zigzag, pink or edge-stitch hem*)
- Three basting samples: 1. hand-even basting; 2. hand-un-even basting; and 3. machine basting
- Decorative stitches: 1. machine decorative stitch, (*your choice*); and 2. cross-stitch
- Elastic casing sample
- Interfacing samples: 1. non-woven; 2. woven; and 3. fusible
- Facing samples, grade, clip and understitch

## CLOVERBUD LEVEL

- Any type of sewing project.

## BEGINNING LEVEL

### Simple Construction

- One pillow case (*instructions provided*)
- Laundry bag (*pattern provided*)
- Chef and work apron (*instruction provided*)

### Moderately Difficult Construction

- Tote bag (*instructions provided*)
- Skirt with elastic waist
- Shorts with elastic waist

### Difficult Construction

- Simple two-piece active sportswear with no collars and no set-in sleeves
- Simple curtains
- Simple garment bag (*optional instruction provided*)

### Fun Construction

- Decorated, ready-made shirt, using fusible web, fabric scraps, trims, buttons, or paints. Paints may be used in addition to one or more of the above.
- Pot holder or hot mat

### Poster (*must be on 14" x 22" poster board*)

- Label the parts of the sewing machine
- Illustrate and label up to ten items needed in a basic sewing kit

### Sample Notebook

These are nine sample cards you get at the Washita County OSU Extension Center. Samples must be attached to the card and inserted in a three-ring notebook.

- Three 5/8 inch seams with the following finishes: 1. edge-stitched 1/4 inch; 2. pinked; and 3. edge-stitched zigzag

## INTERMEDIATE (*Age as of Jan. 1 of school year*)

### Simple Construction

- Bathrobe
- Pull-on top and coordinating bottom, with elastic waist (*shorts, pants or skirt*)
- Blanket with binding (*human or animal*)

### Moderately Difficult Construction

- Shorts, pants, skirt or culottes, with waistband
- Duffel bag with end pieces
- One-piece dress or jumpsuit

### Difficult Construction

- Two-piece garment using one of the techniques from the intermediate level sample notebooks
- Any nonclothing item using one of the techniques from the intermediate level sample notebook

### Fun Construction

- Reused garment (*Show a "before" picture and include a cost sheet*)
- Garment decorated, using one or more of the following techniques: machine decorative stitch, flat braid, sew-on appliques, hand embroidery or any other sewing techniques
- Sleeping bag
- Sewn item related to another project (*Attach a 3x5 card telling how the item will be used with the other project*)

### Poster (*must be on a 14" x 22" poster board*)

- Cost comparison of ready-made and home-sewn garment similar in fabric and design
- Pattern with three appropriate fabric samples
- Fabric weave samples, with fiber content specified, to include knit, plain weave, satin weave, twill weave and non-woven fabric

### Sample Notebook

These are nine sample cards. Samples must be attached to the card and inserted in a three-ring notebook.

# Washita County 4-H Fashion Revue—Continued

- Three 5/8-inch seams with the following finishes: 1. serged or hairline seam; 2. French seam; and 3. clean finish
- Buttonhole and button: 1. covered button; and 2. machine buttonhole, with button
- Two zipper samples: 1. center; and 2. lap
- Hem samples: 1. machine blind-hem stitch; and 2. hand blind-hem stitch
- Matching stripe or plaid: 1. horizontal match; and 2. one-way design fabric match
- Pleats: 1. box; and 2. knife
- Dart samples: 1. straight dart; 2. curved dart; and 3. double-pointed dart
- Waistband sample
- Decorative techniques: 1. choose one—flat braid, bias trim, or rickrack; 2. one decorative machine-stitch; and 3. hand-embroidery sample

## ADVANCED LEVEL (Age as of Jan. 1 of school year) Simple Construction

- One piece of specialty luggage or accessory not exhibited before such as boot bag, ski bag, etc.
- Special activity garments such as biking, aerobics, swimwear
- Two-piece ensemble using one of the techniques from the advance level notebook

## Moderately Difficult Construction

- Lined skirt, pants or jacket
- Unlined raincoat, poncho or slicker using fabric suitable for rainwear such as rip-stop nylon, Scotchguard poplin
- Unlined garment with one or two pieces using two techniques from the advanced sample notebook
- Backpack, day pack or fanny pack

## Difficult Construction

- Lined or unlined coat
- Lined suit or dress
- Special occasion garment such as prom dress, English riding clothes, etc.
- Item or garment from specialty fabric, for example, leather, ultrasuede, fur, Gore-tex, etc.

## Fun Construction

- Two-piece travel accessories set such as jewelry case, shaving bag, etc.
- Garment constructed from another textile product, such as a blanket, towel, sheet, etc.
- Reused item (*cannot have been entered at any previous time*). Attach cost sheet and a “before” picture
- Embellished garment (*cannot have been entered at any previous time*). Can be ready-made or handmade

## Educational Display (must be 3'x3')

- Report on project involving clothing for a special situation such as protective clothing for industrial use or use with pesticides

- Self-determined report such as a report on specialized clothing for the handicapped and/or elderly, emphasizing construction, usability, practicality and need

## Sample Notebook

These are 11 sample cards. Samples must be attached to the card and inserted in a three-ring notebook.

- Three 5/8-inch seams with the following finishes: 1. Hong Kong; 2. mock flat fell; and 3. stretch stitch
- Bound buttonhole
- Covered snap and hook and eye
- Handpicked zipper sample
- Mock-fly zipper sample
- Three hem samples: 1. rolled hem (*serger, machine, or hand*); 2. Hong Kong; and 3. mitered corner in hem
- Matching stripe or plaid in chevron pattern
- Two lace applications: 1. lace as a hem edge; and 2. lace as an insertion into fabric
- Decorative techniques: 1. select one of the follow—piping, bias trim, bead edging, or sequin strip; 2. machine appliqué; and 3. picot’ edging
- Quick sewing techniques: 1. button sewn by machine; and 2. stitch in the ditch
- Attaching a cuff in one step

## PROJECT EDUCATIONAL DISPLAY

An individual or a group of 4-Hers may prepare display. Educational display must be an in-depth look at a 4-H project relating to Fabrics and Fashions. Refer to educational display guidelines listed on page 10 of this handbook.

## PROMOTIONAL POSTER

4-H promotional poster designed to promote the Washita County 4-H Fashion Revue. Refer to the poster guidelines listed on page 10 of this handbook.



# Washita County 4-H Impressive Dress

The 4-H Impressive Dress Contest gives 4-H members the opportunity to demonstrate their skills in selection of a complete outfit. Preferably, the garments are chosen from an existing wardrobe of ready-to-wear or home-sewn garments. Categories are listed on the next page.

## AGE DIVISIONS

<b>Beginner</b>	<b>3rd &amp; 4th Grades</b>	<b>Intermediate</b>	<b>5th &amp; 6th Grades</b>
<b>Senior</b>	<b>7th Grade &amp; UP</b>	<b>Cloverbuds</b>	<b>One Class, Any Outfit</b>

*Grooming—The appearance of the hair plays an important part in the overall picture of good grooming. Hair that is well-styled and clean is an important asset to the total appearance. Fingernails that are clean, short and shaped to conform to the curve of the tips of the fingers give the hands a neat appearance.*

*Posture—Some essentials of good postures are standing firmly on both feet with the body held as tall as possible, holding shoulders straight, but not stiff. Never lock your knees as this could cause fainting..*

*Shoes—Shoes should be clean and/or polished in all classes.*

## PROJECT EDUCATIONAL DISPLAY

An individual or a group of 4-Hers may prepare display. Educational display must be an in-depth look at a 4-H project relating to Consumer Education or Personal Development. Refer to educational display guidelines listed on page 10 of this handbook.

## PROMOTIONAL POSTER

4-H promotional poster designed to promote the Washita County 4-H Impressive Dress Contest. Refer to the poster guidelines listed on page 10 of this handbook.

## PERSONAL IMAGE EXHIBITS

- Poster (Ages 9-11). Select one of the following topics: Hair Care; Personal Care; Selection of Shoes; What Clothing Says About a Culture.
- Poster (Ages 12-14). Select one of the following topics: Effects and Use of Lines in Clothing Design; Effects and Use of Color in Clothing Design; Common Figure Types.
- Poster (Age 15 – Older) with one-page report attached. Select one of the following topics:
  - Select an appropriate color combination for your complexion and develop a color palette for a wardrobe. Report: Tell why you chose this color combination.
  - Identify personal body type and show examples of lines and colors appropriate for emphasizing positive features and de-emphasizing negative features. Report topic: Explain selection.
  - Identify a profession and an appropriate wardrobe for that profession. Report topic: Tell why each wardrobe item was selected.

## CONSUMER EDUCATION

- Poster (Ages 9-11). Illustrate the topic “Fashion vs. Fad”. Use one item, listing cost and source.
- Poster (Ages 12-14). Collage illustrating wardrobe selections (\$200 or less) for one season (spring, summer, fall or winter). Attach a one-page report on the back telling how much each item cost, where it was purchased and how it works into your existing wardrobe. No Advanced Division in Consumer Education.

## TEXTILE SCIENCE AND CARE

- Poster (Ages 9-11). Choose one of the following topics for a 14” x 22” poster:
  - Draw a garment care label, and identify or label the information printed on the label.
  - Identify and explain basic laundry techniques.
  - Compare three different brands of one kind of laundry product (detergent, softeners, spot removers, etc.)
- Intermediate Level Educational Display (ages 12-14 years) Choose one of the following topics for an educational display, 3’ x 3’ x 3’:
  - Sample of before and after stain removal treatment.
  - Characteristics, are and qualities of one natural fiber.
  - Three options for repairing a tear in the knee of a pair of jeans.
  - Before and after of organizing a closet and drawers.
- Advanced Level Educational Display (ages 15-19 years) Choose one of the following topics for an educational display, 3’ x 3’ x 3’:
  - Compare one natural and one synthetic fiber with a similar weave and color. Compare characteristics, noting appropriate and inappropriate uses.
  - Study, evaluate and report on the results of treating, cleaning, caring for, and using flame-retardant fabrics and/or clothing.
  - Illustrated the importance of care, cleaning, and storage of heirloom textiles or garments.
  - Choose your own topic, and create a display related to textiles and their care.

# Categories for Impressive Dress

## CASUAL WEAR

*Examples: Garments to wear to school, fairs, spectator sports, shopping, etc.*

- Jeans may be blue or colored.
- All pieces, including socks, are to be contrasting or harmonizing colors and patterns so as to give a coordinating effect.
- Shirts or blouses may be knit or cotton, with or without collar and buttons and may be short or long sleeved. They may be crew neck, turtle neck or regular collar.
- No dresses or suits are allowed in this class.
- Belt should be worn if jeans or slacks have belt loops.
- Shoes—jogging, tennis, casual (may include but is not limited to loafers, oxfords, flats, leather boat or deck, sandals or espadrilles).

## CASUAL WESTERN WEAR

*Examples: Garments to wear to western event.*

- Jean-cut or Slack-type pants or casual Prairie Skirt. Pants may be solid or patterned and should be straight leg or boot cut.
- Shirt must be western style, long or short sleeves. May be patterned or solid, but must coordinate with pants. Shirt must be tucked in.
- Boots must be western boots (ropers, riding boots, etc.)
- Western Belt—Leather or braided nylon. The belt must match or coordinate with the boots.
- Hats (optional)

## ACTIVE SPORTSWEAR

*Examples: Garments to wear to play tennis, skiing, jogging. Garments worn in active sports.*

- Jogging Suit—matching or coordinating color and pattern.
- Shorts and coordinating shirt or sweater.
- Tennis Outfit.
- Skiing Outfit.
- Active Sports Outfit.
- Socks and shoes must be appropriate for the activity. May include but is not limited to jogging shoes, tennis shoes and hiking boots.

## CASUAL DRESSWEAR

*Examples: More dressy than casual wear but not as dressy as professional dresswear. Example would be navy jacket with khaki pants.*

- Blazer or sports jacket in contrasting color, pattern and fabric from pants or skirt.

- Casual and sun dresses.
- Pants and shirts with collar.
- Tie (optional)

## PROFESSIONAL DRESSWEAR

*Examples: Garments to wear to church, banquets or dressy occasion.*

- Tailored, street-length dress. Short or long sleeved.
- Matched Suit with jacket and pants/skirt.
- Dress Western Suits—should include appropriate western accessories.
- Hats or vest (optional)
- Tie—required with jacket. Boy's tie should coordinate with outfit.
- Tie for girls (optional). If worn, tie should match blouse fabric or coordinate with color and pattern of outfit.
- Belt—should be worn if pants, skirt or dress has belt loops. Should coordinate with outfit for boys and girls.
- Socks and hosiery—socks should blend with the color of pants. Girls should wear hosiery that blends with the color of the outfit.
- Dress Shoes—should have leather or leather-look soles. Dress shoes for boys include but are not limited to lace-ups and dress loafers. Dress shoes for girls include pumps, sling-back pumps or pumps with open toes, dressy sandals or flats.

## FORMAL WEAR

*Examples: Garments to wear to formal events, proms, or very special occasions*

### Boys should wear:

- Matched Suit with jacket and pants of the same pattern and fabric.
- Formal Wear—must be owned, not rented.
- Long-sleeved Shirts
- Belt—should be worn if pants have belt loops. Should match shoe color.
- Socks—should match the color of the shoes if shoes are darker than pants. Socks should also blend with the color of pants.
- Dress Shoes—should have leather or leather-look soles. Should be polished leather or leather-look, or patent leather in lace-up or slip-on style.

### Girls should wear:

- Party or Special Event Dresses—any length.
- Dress Shoes—include some type of dressy pump, dressy flats, or dressy sandals.

# Washita County 4-H Food Fair

The Washita County 4-H Food Fair is actually two separate events held on the same day. The Food Show and the Favorite Food Tasting Luncheon. The Food Show entries will be judged while 4-H members share their favorite food dishes with everyone.

## FOOD SHOW

- All entries should be labeled on bottom with name, year in 4-H, class number and address.
- All entries should be on a paper plate or foil-covered cardboard with a clear covering.
- Three units of a product should be on a plate unless otherwise specified.
- Posters must be 14" x 22". Educational exhibits must fit in a space 3' x 3'.
- Individuals may enter more than one class but only one entry in each class.
- Entries are judged 50% appearance and 50% taste.

### Cloverbuds

Non-competitive division. All participants will receive a participation ribbon.

- Any type of baked good.

### Ages 9-11 Classes (Age as of Jan. 1 of school year)

- 3 Muffins of the same kind
- 3 Rolled Biscuits of the same kind
- 3 Drop Cookies of the same kind (*no shaped cookies such as snickerdoodle or peanut butter*)
- Educational poster based on breads or cheeses of another country or countries.
- Educational poster based on recipe modification for healthy eating.
- Educational poster based on food or kitchen safety.
- Educational poster illustrating a place setting for a specific occasion or menu.

### Ages 12-14 Classes (Age as of Jan. 1 of school year)

- One-half loaf of any yeast bread (*not a sweet dough made by hand or in a bread machine*)
- 3 Yeast cinnamon rolls (*no icing*)
- 3 Rolled sugar-type cookies of the same kind (*no gingerbread recipes*)
- Educational poster based on foods from other culture.
- Educational poster based on the nutritional contributions of fruits and vegetables.
- Educational poster based on protein food safety.
- Educational display based on a breakfast bread buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information.

### Ages 15 - up Classes (Age as of Jan. 1 of school year)

- One-half of 8" layer un-iced shorten type cake (*no angel food or chiffon*)

- One-half loaf or portion of breads from another culture. Include a one page story on how this bread fits into that culture and its nutritional contribution
- Educational display based on a recipe modification to include: original recipe and what modifications were made; benefits of the modifications; how did the modifications impact the above factors; and what were other people's responses to the modifications.
- Educational poster based on the nutritional contributions of meat to the diet.
- Educational poster based on outdoor cookery or grilling.
- Educational poster based on the fish of Oklahoma, including nutrition, preparation, and food safety concerns.
- Educational poster based on careers in the food industry.

## PROJECT EDUCATIONAL DISPLAY

An individual or a group of 4-Hers may prepare display. Educational display must be an in-depth look at a 4-H project relating to Food Science. Refer to educational display guidelines listed on page 10 of this handbook.

## PROMOTIONAL POSTER

4-H promotional poster designed to promote the Washita County 4-H Food Fair. Refer to the poster guidelines listed on page 10 of this handbook.

## FAVORITE FOOD TASTING LUNCHEON

The guidelines are simple. Bring your most favorite food that you love to eat and share it with your fellow 4-H members. All members will get the chance to tell about their favorite food. You might share why you like it, how you made it and what you would serve with it.

You'll get a 2 ft. table space to set your food up. It's a good idea to bring what you would use to serve it in and a serving utensil. Also, bring a copy of your recipe on a card (*be sure to put your name or club on the card*) and we'll put it in the Washita County 4-H Cookbook. Each of you that participate will receive a copy of the cookbook!

When everyone has talked about their favorite food, then we'll all have a taste of what you've made! (*So, be sure to bring more than just a couple of servings*). We'll furnish the drinks, plates, forks, etc. You just bring something terrific to eat.

## County 4-H Record Book

4-H members should keep records of events and activities in which they participate, as well as, the work they do in their project areas in a County 4-H Record Book. The Washita County 4-H Record Book is available at the Washita County OSU Extension Center or from your local 4-H volunteer. Your *Washita County 4-H Newsletter* will provide tips on keeping 4-H records. County 4-H Record Books are due in the Washita County OSU Cooperative Extension Center in April. Certificates and county medals are awarded based on the Excellence in Record Keeping standards.

## Junior Achievement Trip

4-H members receive points for their participation in local and county events and activities. The 4-H Points Sheet can be found at the back of this handbook. The local clubs receive a monetary subsidy for each 4-H member who achieves at least 100 points during the year. This subsidy is used to help defray the cost of an Achievement Trip for the Junior 4-H members. It is up to the discretion of the local club to plan the Achievement Trip for its members. Parents are encourage to work with the local volunteer in planning this activity.

## Outstanding Junior 4-H Members

Each year junior 4-H members are selected as Outstanding Junior 4-H Members. Organizational 4-H volunteers select the top three 4-H members in their club. These members are then evaluated on their County 4-H Record Book, club participation and personal interview. The awards are given at the County Achievement Program and are sponsored by various businesses. A 4-H member can win this award only once.

## State 4-H Record Book

A State 4-H Record Book is a more involved version of the County 4-H Record Book and is completed by senior 4-H members who are 14 years of age by January 1 of the school year. ***Your State 4-H Record Book will be due in April. Watch the Washita County 4-H Newsletter for exact date.*** Your State 4-H Record Book is evaluated on a county level and books that meet the requirements are sent on to be judged at the state level. Please let the 4-H Extension educator know if you plan on entering a State 4-H Record Book.

## Washita County 4-H Hall-of-Fame

The Washita County Farm Bureau sponsors the Washita County 4-H Hall-Of-Fame, the highest county award a 4-Her can receive. In order to be eligible for this award, a 4-Her must have completed the following:

- Sophomore year in high school**
- Four years of 4-H club work**
- County or State 4-H Record Book**

The top two applicants for this award will be chosen. Winners will be selected on:

- 50% 4-H Record Book**
- 50% Personal Interview**

A 4-Her can win this award only once. The Washita County Hall-Of-Fame recipients and two runners up are the Blue Award Winners and will receive a \$50 savings bond from the Washita County HCE groups. The Hall-Of-Fame pictures will hang in the Washita County Courthouse for one year. The pictures will then hang in the Washita County Extension 4-H Educator's office for one year before hanging in the Extension Center until it is retired.

## Outstanding 4-H Club

The Outstanding Junior 4-H Club and the Outstanding Senior 4-H Club will be awarded a trophy based on one year's work. Each club must submit an application to the Washita County OSU Cooperative Extension Center. The names of the winning clubs will be announced at the Washita County Achievement Program.

## Janet Eden Memorial Scholarship

The Washita County 4-H program has available these scholarships to 4-H members. These scholarships are open to 4-H members who are graduating high school seniors in Washita County. The following qualification must be met:

- Be an active 4-H member
- Submit a State 4-H Record Book
- Submit a scholarship application

## Teen Leader Scholarship

The Washita County Teen Leader 4-H Scholarship is open to those 4-H members who are seniors in a Washita County High School and active members of the Washita County Teen Leader group. The following qualifications must be met:

- Be an active 4-H member
- Submit a State 4-H Record Book
- Submit a scholarship application

## Oklahoma 4-H Scholarships

For those individuals who are dedicated and hard working, the Oklahoma 4-H Foundation annually presents \$13,500 to 27 project scholarship winners, and another \$12,200 to 13 advanced scholarship winners. Scholarships are awarded through State 4-H Record Books and/or the Oklahoma 4-H Scholarship application. Members should check with the Washita County OSU Extension Center each year to see the list of available scholarships.

## Out-of-County 4-H Trips

Each trip has different criteria and age requirements. Check with the Washita County OSU Cooperative Extension Center for more details. Additional information will be sent out to eligible 4-H members before each individual trip.

- Kansas City Conference
- Citizenship Washington Focus
- State 4-H Round-Up
- State 4-H Congress
- National 4-H Congress
- Denver Western Round-Up
- National 4-H Conference
- State 4-H Round-Up
- Junior Achievement Trip
- Senior Achievement Trip
- Youth Action Conference



## Other Awards Available

The Washita County 4-H Program presents several awards. Watch your *Washita County 4-H Newsletter* for details for applying for these awards plus others as they become available:

- Outstanding 4-H Reporter
- Peanut Award
- Various Medal Awards
- Key Club
- Dairy Award
- Bread Award
- Outstanding 4-H Secretary

*2003 State Award Winners and Roundup Delegates at Gallagher-Iba on the OSU Campus.*



# 4-H POINT SHEET



Points run from May 1 to April 30

*4-H'ers are encouraged to strive for a well-rounded 4-H program and to earn at least 100 points each year.  
Your local 4-H volunteer will announce the date that point sheets are due for your club (usually in April).*

NAME \_\_\_\_\_

CLUB \_\_\_\_\_

	POINTS	MY POINTS
County Fair (10 pts/entry-30 pts max) .....	30	_____
(1) _____		
(2) _____		
(3) _____		
 <b>COUNTY 4-H BEAN SUPPER AND CARNIVAL</b>		
Sold tickets/donated food/served meal for 4-H Bean Supper .....	10	_____
Worked in local 4-H club booth at 4-H Carnival .....	10	_____
 <b>COUNTY SHARE-THE-FUN</b>		
Performed in a group or individual act .....	15	_____
Entered a Project Educational Display or Promotional Poster .....	5	_____
 <b>JUNIOR ROUNDUP</b>		
Participated in the Craft Workshops .....	10	_____
Entered at least one item in Crafts Fair .....	10	_____
Entered a Project Educational Display or Promotional Poster .....	5	_____
 <b>PUBLIC SPEAKING AND COMMUNICATION ARTS EVENT</b>		
Gave a speech or demonstration at Public Speaking Contest .....	20	_____
Entered a Project Educational Display or Promotional Poster .....	5	_____
Entered at least entry in Photo or Technology Contests .....	10	_____
 <b>FOOD FAIR</b>		
Entered Food Show .....	10	_____
Participated in Favorite Food Tasting Luncheon .....	10	_____
Entered a Project Educational Display or Promotional Poster .....	5	_____

*Continued on Back*

**FASHION REVUE**

Entered at least one Fashion Revue class ..... 15 \_\_\_\_\_  
Entered a Project Educational Display or Promotional Poster ..... 5 \_\_\_\_\_

**IMPRESSIVE DRESS**

Entered at least one Impressive Dress class ..... 15 \_\_\_\_\_  
Entered a Personal Image, Consumer Ed, or Textile Exhibit ..... 10 \_\_\_\_\_  
Entered a Project Educational Display or Promotional Poster ..... 5 \_\_\_\_\_

Attended the County 4-H Achievement Program in May 2003 ..... 10 \_\_\_\_\_  
Attended County 4-H Camp in the summer of 2003 ..... 15 \_\_\_\_\_  
Attended Regular Club/Project Club Meetings ..... 12 \_\_\_\_\_  
(3 pts/meeting-12 pts max)

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

Livestock Shows, Horse Shows, Shooting Sports Events ..... 30 \_\_\_\_\_  
(10 pts/event-30 pts max)

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

Participated in Local/Project Area Club Fund-raiser ..... 10 \_\_\_\_\_  
Participated in Kids Helping Kids/Ronald McDonald Campaign ... 10 \_\_\_\_\_  
Other Activities (10 pts/activity-30 pts/max) ..... 30 \_\_\_\_\_  
(Ex: Pet Parade, Dog Obedience, Judging Contests, etc.)

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

Turned in a 4-H Record Book in April 2004 ..... 25 \_\_\_\_\_

**TOTAL POINTS** .....

# 4-H POLICY

# 4-H POLICY

# 4-H POLICY

# 4-H POLICY