

2012 County Event Information

NEW OPPORTUNITIES TO SHARE WITH 4-HERS

Dear Organization Volunteers, Food Volunteers, Public Speaking Volunteers, Poster Volunteers, Independent Members and Volunteers,

These cornerstone 4-H events should be encouraged for all members. These events give members the chance to **PRACTICE** life skills.

IN THIS MAILING:

- Public Speaking
- Food Show - New Information
- Demonstrations
- Action Exhibits
- Photography Contests
- Poster Contests

Signing Up for Events!

Sign ups for County Events go through the Organization Leader. We ask Organization Leaders to take note of the following:

- Follow deadlines for sign ups.
- Once members sign up, see that they follow through - there is a lot of costs in awards and resources for the event.
- **Some 4-Hers may do two events. Please put an * (asterisk) beside those names doing both.**
- Be sure members have current event guidelines so we can assure quality presentations.
- Call Debbie or Nancy anytime at 796-2151, if you need help.
- Be sure to read guidelines on the use of the 4-H emblem.
- Be sure members and their families get the information or direct them to it at our web site.

We have resources to support the various events. We can see the difference in the quality of the presentations in those clubs who use them. If your members have never participated in one of these events, bringing them to the event to visit helps them see what the event is all about. If members can't make county events we encourage all clubs to involve members in some type of presentation or public speaking in their local club, a community event, or another presentation opportunity. We look for clubs to report these efforts on year-end reports.

In this mailing, each event has its **own color coded section**. If you need the specific event information to be able to give to members and parents or project leaders, please call the 4-H office to request copies to be able to hand out or get them on our web site at <http://extension.unh.edu/Counties/Merrimack/PDRes07.htm>

Be sure volunteers in your club get the information they need. They need you to bring their attention to where and how they need to prepare properly for each event.

Sincerely,

Debbie Cheever, Extension Educator
4-H Youth Development

Nancy Evans, Program Associate
4-H Youth Development

Merrimack County Event Guidelines and Criteria

*Public Speaking

*Posters

*Food Show

*Photography

*Demonstrations

*Action Exhibits

Goal Setting as it relates to 4-H Projects

As we approach the county event season again, it gives us a great opportunity to think about goal setting with members as it relates to members preparing for these events. Goal setting has been incorporated into the demonstration score sheet. For example, a 4-Hers goal, who has never done a demonstration before, might be to: "Learn the parts and pieces of a Foods Demonstration by Presentation Day in March". Someone doing a speech for the 5th time, might have a goal to "Research in depth the subject matter of their speech by Public Speaking Day".

Enclosed is a life skills wheel that will help you and your members identify the life skills they have learned while preparing for one or more of these events. Once identified, these transfer to the life skill inventory page in the 4-H Record.

Communication Life Skills

When we think about communication, we need to think more broadly than spoken and written language and include non-verbal skills, listening skills, writing and teaching skills.

4-H really offers a lot of communication opportunities through demonstrations, action exhibits, public speaking, record keeping, club officers, exhibits, posters, photography, Jr. Leadership, quiz bowls, commentating at events, serving on committees, etc. These are areas we ask leaders to report on in their year-end summary report.

The presentation day events offer members opportunities to **LEARN and PRACTICE** many of these communication skills and get feedback on areas they have done well and those areas that maybe could **BE STRENGTHENED**. We have people tell us, as well as teachers, that a 4-Her can be spotted when asked to get up in front of others. Members stand out as being poised, confident and self-assured because they have participated in these events. This is definitely a work force skill we are developing in young people as well.

Resources to help prepare for County Events

Public Speaking

Score Sheets
Tip Sheet

Action Exhibit

Handbook, Nuts & Bolts to do an Action Exhibit
Score Sheet

Demonstrations

Score Sheets
Leader Handbook for Demonstrations
Member Handbook "Who Can? You Can!"

Posters

Fact Sheet
Score sheet
Visual Aids fact sheet

NOTE: We are judging posters and photography during the week prior to Presentation Day at the 4-H office. Posters and Photography will be on display for everyone to see at Presentation Day. **Deadline for Posters and Photography submitted to the 4-H office will be Friday, March 2nd.**

Food Show

CCS Food Curriculum, Up for the Challenge Curriculum
Tricks for Treats curriculum 8-9 year old
Score sheet
MyPyramid fact sheet

Photography

Score Sheet
Photography curriculum materials

VISIT THE COUNTY WEBSITE AT:

<http://extension.unh.edu/Counties/Merrimack/PDRes07.htm>

Awards for Presentation Day

Public Speaking	Participation Ribbon and Award. Scores 90 or above are invited to County Recognition Event. 2 Juniors, 12 - 13 and 2 Seniors to State.
Action Exhibit	Participation Ribbon and Award. Scores 90 or above are invited to County Recognition Event. 12 or older have the opportunity to go to State Activities Day. 6 can go on to State.
Demonstrations	Participation Ribbon and Award. Scores 90 or above are invited to County Recognition Event. 12 or older have the opportunity to go to State Activities Day. 10 from Merrimack County
Posters	Participation Ribbon 3 entries to go to State Activities Day - Members need to be 12 or older by 1/1/11
Food Show	Participation Ribbon and Award.
Photography	Participant Ribbon 3 entries go to State Activities Day. Members need to be 12 or older by 1/1/11

Targeting Life Skills Model



County Event Schedule

	Public Speaking	Food Show	Presentation Day
Date of Event	February 4 th	February 4 th	March 10 th
Snow Date	February 25 th	February 25 th	March 17 th
Time	Registration 9 AM Event Start: 9:15 AM	Registration 9:30 AM Event Start: 10 AM - Noon	Registration 8:30 AM Posters/Photography needs to be the 4-H office by Friday, March 2nd Presentations Start: 9 AM
Who Can Participate?	Juniors 8-13 years old Seniors 14 and Older	Food Project Members 8-18	All 4-H members 8-18 years old 12 or older go to State event if chosen
Registration Deadline	Friday, January 13 th	Friday, January 13 th	Friday, February 10 th
Volunteers Needed	8 judges 4 score keepers 3-4 room chairs 3-4 room proctors	Minimum of 25 judges, assistant judges and Jr. Judges	Approximately 40 volunteers 12 judges for demon 4-5 score keepers 8-10 photo judges 4-6 action exhibit judges 4-5 room chairs 4-5 room proctors 8-10 poster judges
Where	MVHS	MVHS	MVHS

**** Please make note that all sign up sheets are at the end of this publication and are color coordinated to the specific event. ****

NEW ~ NEW ~ NEW

Opportunity to go to State!

4-H Food Chef Challenge

Date: Friday, March 2, 2012

Time: 6 - 8 PM

Place: 4-H office, Boscawen

Sign Ups: Please find enclosed a sign up sheet to get participants registered.

Be a currently enrolled 4-H member, age 12 or older

Secret Food Item: One of the following three ingredients will be the secret ingredient teams will use the day of the event.

Squash, Spinach or Apples

Each team will be provided with the secret ingredient and one table. Additional items provided will be: food preparation gloves, trash cans and bags, and a first aid kit.

Teams: Teams will consist of 2 members and one adult advisor.

- Adult leader is there to supervise and advise members only. Members are to do all food preparation.
- Once teams are signed up they will get a packet of materials with more details of the event.

The team is to:

- Prepare a dish using the secret ingredient and additional items from the pantry list.
- The dish will be plated for presentation
- Provide up to three additional ingredients they will use to create their dishes.
- Provide a copy of the recipe to the judges at the completion of the preparation time. The recipe using the secret ingredient must include at least three different food groups from the USDA My Plate.
- Provide their own cooking equipment. See equipment list.
- Teams may create a side dish to compliment their main presentation, but may only use the ingredients provided and one extra ingredient they bring.
- Teams are expected to present their prepared items in a planned manner.
- The team should maintain a clean work space at all times.
- The teams will have 20 minutes to prepare and cook, 5 minutes to present to the judge and 10 minutes to clean up.

Judging: Exhibits will be judged by a team of judges.

The score card will be as follows:

40% Taste/Flavor

25% Originality

15% Presentation

10% Food Safety

10% Cleanliness (Cooking and preparation

area will be judged at the end of presenting food to the judges.)

Awards: Awards will be given to the top three team scores. One team will be chosen to go to State.

Pantry Items for County and State Level 4-H Chef Challenge

Fat free cottage cheese

Skim Milk or 2% milk

Granulated sugar

Brown sugar

Cornstarch

Honey

Bouillon cubes, low sodium

Flour, white whole wheat or all purpose

Low fat sour cream

Cream cheese (reduced fat-Neuchatel)

Cheddar cheese, preferably reduced fat

Canola oil

White or cider vinegar

Vanilla extract

Oatmeal

Almond extract

Margarine/butter

Suggested Spices:

Black Pepper

Cinnamon

Curry Powder

Onion Powder

Garlic Powder

Ginger Salt

Stress Food Safety to Members

- ✓ No alcohol in recipe
- ✓ No mayonnaise or fresh whipped topping.
- ✓ Keep hot foods hot, cold foods cold.
- ✓ Food should be brought in a cooler if cold, and crock pot or other dish if it is a hot item.

Food Show

THEME: "Heart Healthy"

February is Heart Health Month, so we are tying that theme in with Food Show

What is the Event?

The Favorite Food Show is intended to be an **EDUCATIONAL EVENT** and all Foods Project members are encouraged to attend. Encourage parents to support their children by helping them get ready, letting them use the kitchen to prepare their food item(s), and see that the members get to the event.

The purpose of this event is to have members:

- Demonstrate the ability to plan and prepare a nutritious food item(s) in a menu.
- Demonstrate knowledge of basic nutrition and food preparation skills and be able to describe the nutritional value of the foods prepared. Members should be familiar with **"MYPYRAMID - Steps to a Healthier You!"** and becoming familiar with the new "MY PLATE" concept.
- Prepare a food item and know the steps in preparing the item.
- Develop a display that exhibits their food item appropriately and attractively.
- Meet other 4-Hers from throughout the county.
- Take part in educational food activities to increase their knowledge of some aspect of Food and Nutrition, Health, Fitness and Well Being.
- Practice communication skills.
- Learn and practice Healthy Nutrition and Fitness knowledge.
- Practice food safety.

COUNTY 4-H CHEF CHALLENGE

If you are 12 or older, you can participate in the designated category for the 4-H Chef Challenge. Participants entering this develop a dish using one of the three ingredients: Apples, Pineapple, Pomegranate.

The categories include; Main Dish, Fruits and vegetable Dish, Break, Cereal and Nutritious Snacks. Extra points for those who create their own recipe.

Participants will present to judges the dish they created along with information about the dish's preparation, nutritional value, cost of the dish and food safety concerns. Preparing for the event will follow the Day of Event Checklist in this mailing.

Who Can Take Part?

All 4-H members (ages 8-18) signed up for the Food and Nutrition Project are strongly encouraged to take part. Members should be aware of MyPyramid and the five food groups represented. Information on this can be found at MyPyramid.gov or www.chooseMyPlate.gov. If you cannot get the information, call the 4-H office for a handout.

Categories for Exhibiting

Everyone who attends the event assembles at table areas that are grouped by age. When working with members, please have them pick appropriate recipes for their age. (NOTE: Choosing nutritious recipes is important). Judges will be looking for nutritious recipes.

Juniors/Older Juniors (8-11 years old) -
Salads, grains, nutritious snacks.

Members 12 and Older

Food category include Main dish, Fruits and Vegetable dish, Salad, Bread, Cereal and nutritious snacks.

NO NUTS IN RECIPES - We are discouraging any use of nuts in recipes due to so many individuals having nut allergies. If a recipe has nuts, (or made with any peanut oil) members need a sign to inform individuals of the ingredient.



Judges Designation Award

Anyone 12 or older in the Foods & Nutrition Project **AND** two or more years, can be eligible for the judges designation award based on demonstrating an advanced skill, taste of dish, nutritional value, dish presentation and menu. . . Winners will be announced at the awards ceremony.

Recipe Choices

This is a Healthy Living event where we are trying to promote good eating choices and healthy recipes. When members pick recipes they should be healthy and not high in saturated fats. Most recipes can be altered to be more healthy. The web is a good place to have members do research. NOTE: The categories we want members to exhibit under doesn't encourage dessert recipes which we had many of last year.

Joint Exhibits

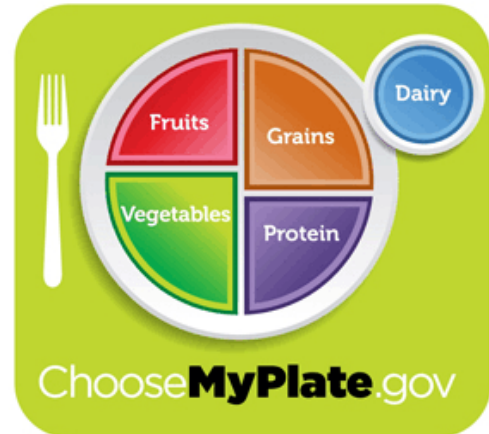
Not more than three food members may work as a team. If work is done as a team, each individual must make a dish as part of the meal. Only one place setting is needed. Example: One person might prepare the meat, another the vegetable and the other the dessert. They must have a recipe card for EACH of the items. The items must be part of a well balanced meal.

Judging - Each receives a separate judging sheet with the group as a whole receiving the same grade on the place setting and menu selection. The food item recipe card and members knowledge of nutrition are judged individually.

We are looking for members to volunteer as **Table Greeters**. They need to get to the food show early so they can help participants find their table and get set up. We need these volunteers to help make sure the space we have is well used so that members feel welcomed when they arrive to their area. They will also help to be sure tables have been wiped down and sanitized.

4-H Healthy Living Roundup

We will have a variety of activities as part of the morning's event that will focus on the 5210 campaign, Jeopardy Game, Wheel of Fortune, My Plate. All members will be expected to participate along with doing their food presentation . Every participant will get a FOOD PASSPORT so they can participate in every activity and get a stamp.



TAKE NOTE FOR MEMBERS IN PUBLIC SPEAKING AND FOOD SHOW

Members are able to participate in both Public Speaking and Food Show. You must let us know this on the registration sheet so we can have a sign available for those doing both when they register. PLEASE star all members participating in both events.

Judges

We need about 25-30 judges to work as teams to judge our participants. Please help recruit these people from your club and community volunteers and sign them up on the enclosed form for volunteers. We want more volunteers so we do not have members waiting one or two hours at their area before a judge can get to them.

Junior Judges

We love to have our older teens help as Junior Judges. Please sign them up.

Are you preparing to participate in the 4-H food show?

What Leaders Can Do to Prepare Members

Getting Ready for the Event

Leaders should go over with members what will be expected of them at the food show and what they will be evaluated on. In general, all participants will be evaluated on:

- ▶ **Appropriateness of Dress** for their menu
- ▶ **Preparation of Food** - Members should know the steps followed to prepare their food and bring it to Food Show properly stored and prepared. Food Safety is very critical. Cold items are to be kept cold and hot items need to be kept hot at proper temperatures
- ▶ **Nutritional Values of Food Items** - What food group is it in? What are the main nutrients in the food?
- ▶ **Menu** - members need to develop a menu with their food item in it. The menu should be well balanced and have a good mixture of foods, color, textures, methods of preparation, etc.
- ▶ **Place Setting** - Members should have a basic place setting, which includes place mat, napkins, utensils, plate/bowls and beverage with a glass/cup if the menu requires it. They should know how to set a proper place setting.
- ▶ **Centerpiece** - This is only required for Senior members; however, Junior members may include one if they wish.
- ▶ **Food Display Poster** - These are optional; however, members find it a nice way to display their menu card, recipe and a food pyramid to make an attractive exhibit. Many 4-Hers are using their computer to put their display together.

See how creative members can be. It also helps 4-Hers as a prompt, to learn the information. Remember to check out the information at MyPyramid.gov and www.chooseMyPlate.gov To see examples of a food display visit <http://extension.unh.edu/Counties/Merrimack/Documents/MCFS.pdf>

- ▶ holding at least one meeting with foods members prior to the event. Leaders are to be using the National Foods Curriculum materials for the Foods Project for members 10 and above. We also have the “up for the Challenge” curriculum with activities. Members 8-9 should be using “Tricks for Treats”. We have both resources at the 4-H office for leaders. It needs to be supplemented with the MyPyramid information.
- ▶ Mixes are not recommended. However, if used, they should not be instant.
- ▶ **letting them know alcohol is not to be used as an ingredient in any recipe brought to the Food Show.**
- ▶ having them learn more about nutritional value of their favorite food.
- ▶ knowing how to set an attractive and proper place setting, which is appropriate for the type of menu the members will be choosing, (i.e. formal, informal).
- ▶ understanding how to plan a balanced meal for breakfast, lunch, dinner, which includes their favorite food.
- ▶ How the new My Plate applies to their menu
- ▶ Being able to talk about the food groups and exercise needs for their age group.
- ▶ developing an attractive display for their exhibit.
- ▶ have them use the internet as a resource for current nutrition information, particularly the **MyPyramid.gov** site and www.chooseMyPlate.gov
- ▶ ask them to visit the internet and research fitness information on the “*Fitness Pyramid*” and the www.PALA.gov site.

Hot Dishes - Members should wrap or put food in a crock pot that will keep dish hot while waiting for judging. Be aware of food safety as it relates to their food item.

Trial Run - Doing a trial run at the club meeting will help members build a better picture for themselves of what the event will be like and so they can visualize what a display should look like. Also go over with member; what goal they set for their project as they will be asked this, kitchen safety, food preparation, purchasing food for balanced meals and life skills learned in their project.

Help Members By:

Foods to Avoid - No recipes with mayonnaise, whip cream, as they don't keep and we need to be concerned about food safety. Recipes should not be submitted that include alcohol as an ingredient.

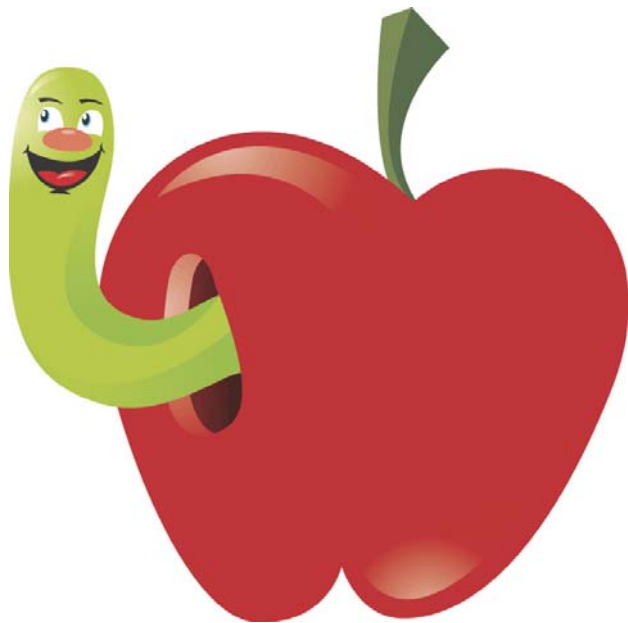
Program Format - This is an educational foods day. Members and parents should be made aware that the event is approximately 2 - 2 ½ hours in duration and members are expected to stay for the duration. Tentative program format includes;

9:30 - 10:00AM	Registration/Set Up
10 - 11:30AM	Judging of Exhibits
10 -11:30 AM	Parent's Program
10:15 - 11:30AM	Foods Activities and Demonstrations going on along with judging
11:45AM -12:15PM	Awards Presentation

Parent's Program - While the youth are being judged, parents are invited and encouraged to participate in an educational parent's program related to Foods & Nutrition. We will be having a chef from a local Concord restaurant.

Awards - All members who participate receive a ribbon and a small award.

Sign up Deadline - Friday, January 13, 2012



Seniors really need to be prepared for the above questions. We have materials on food nutrients and

Be sure members have the following information.

What Members Need to Do

- Before the event, choose a food to prepare or cook and find the source of their favorite food, i.e., Good Housekeeping, 4-H Curriculum Book, Six Easy Bites, Internet site.
- Copy a recipe onto a 3"x5" index card. Can be handwritten or computer generated.
- Write out a menu card and develop an appropriate display either on poster board, construction paper, etc., and be sure to include favorite food recipe and the menu it will be part of.
- Practice table setting at home.
- Know how the food item was mixed and steps taken to prepare it.
- Know the food groups and the one(s) the favorite recipe belongs to, as judges will be asking this information.

Be Prepared to Answer the Following Questions:

Juniors 13 and Under

- ? What is the source of your favorite food recipe? Cookbook (which one), grandmother, newspaper, internet, etc.
- ? What are the recognized food groups? What quantity, from each group, do you need daily?
- ? What else would you eat with your food to make it a balanced meal? Why?
- ? What techniques or skills did you use in making your favorite food?
- ? What was the overall cost of your dish and how many servings does the recipe make?
- ? What key nutrients are in your food and why are each important to good health?
- ? Why is physical fitness important for health? We will be asking 4-Hers questions about their daily physical activity levels.

Seniors 14 and Older

- All Junior questions, plus...
- ? What are major nutrients in your food? (I.e. protein, carbohydrates, calcium, Vitamin A, D, C, iron, zinc)
 - ? Why are those nutrients important to good health?
 - ? How many calories in your dish?
 - ? What ideas do you have for varying your recipe?
 - ? What other foods could be prepared with your food to make it suitable for another occasion?
 - ? What is the approximate cost of the recipe and the meal you have designed?

calorie information if members need to research this. The internet is also a good source of

information as well, particularly on the USDA site.

Member Checklist

- Please advise 4-Hers not to arrive before 9:30AM unless they are doing Public Speaking and Food Show. The program starts at 10AM.
- Registration check-in starts at 9:30AM. Too early an arrival means waiting around too long.
- Find a table in designated age category.
- Please advise parents this is a 2 - 2 ½ hour event.
- Tell parents we will have a special parents program for them to attend.
- Set up display and stay nearby until a judge arrives. Introduce yourself to others at the table.
- When judge arrives, stand, **SMILE**, and be prepared to answer questions.
- Once judging is complete, take part in food activities in order to get your award.
- At designated time, members will be called forth to receive their ribbon and special award for participation.

Members will be participating in food activities and there may be a bit of a wait before the judge gets to their table. Please be sure members know this. Have them bring something to read while waiting.

Day of the Event Checklist

- Bring complete table setting appropriate for the menu which would include place mat, silverware, napkins, glasses, cups, etc. Centerpiece optional for Juniors. **NOTE:** we will be using round tables so bringing a table cloth will not work as we will be putting 3 people to a table.
- Bring food item prepared; enough for the judge to taste and to share at one's table, as well as extra paper plates and plastic ware for others to taste if one desires.
- Be sure you consider the Food Safety of your food recipe. If the food item needs to be cold, pack it so it stays chilled. If it needs to be hot, plan for this. **NOTE:** Time between set up and time the item is judged may vary and may take a while, so plan for food safety accordingly.
- Serving utensils for Favorite Food.
- Bring a copy of the food recipe and meal menu. An extra copy of the recipe card is nice to share with others.
- Dress neatly and appropriately for the menu. Overall, all 4-Hers are judged on neatness and presentation..

- Have clean hands and fingernails. Pull back long hair.
- Keep Food Safety in mind when transporting your food and having it available to taste. If you have a

hot food, you need to provide the proper food container to keep it hot. We have limited electrical outlets to keep it at proper temperatures. **Be sure all food is thoroughly cooked.**

- Food Safety is necessary, so help members with what is appropriate and what isn't to bring to an event like this.
- Come with a smile, relax and have fun!**

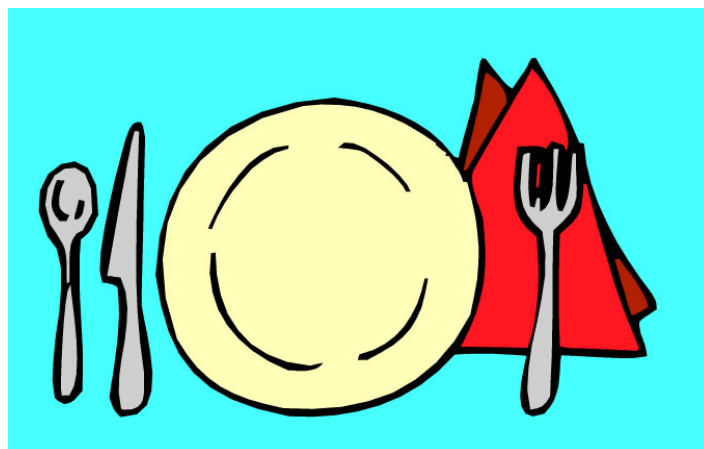
Arrival and Event Details

Do Not Arrive Before 9:30 AM

EVENT TIME: 10:00 am - 12:15 pm

Parents Program

Please advise parents they are not allowed in the judging area! There will be a specific program for them while their 4-Her is being judged.



Public Speaking

This event will be going on at the same time as Food Show in the classrooms adjacent to the cafeteria.

What is it?

It has been said that public speaking is the number one fear of most Americans. 4-H gives youth a jump start on this skill by offering an opportunity for members to learn skills needed in public speaking and to have the opportunity to present their skill for feedback from a panel of judges. This opportunity is provided at the 4-H Public Speaking event. Members are evaluated based on their age and number of years in the Public Speaking program. This program stands up to any experiences or goes beyond what a member may have anytime during their schooling years. Parents and youth both report this program teaches self-confidence.

Who Can Take Part?

Juniors: Anyone between 8-13 years of age as of January 1st of the current year.

Seniors: Anyone 14 or older as of January 1st of the current year.

Is There a Set Topic?

Members may choose the topic of their choice which can be their favorite project or a very formal talk on a specific project or area of interest. Some suggested general topic areas to consider are: Home/Family, School, Current Issues, Trips/Vacations, Humorous Topics, Historical Events, Favorite Pet. **Speeches from previous years cannot be repeated.**

Length of Time for Speech

Juniors	8-11 years old	1-3 minutes
Older Juniors	12-13 years old	3-8 minutes
Seniors	14 and older	5-10 minutes

How is the Judging Done?

Depending on the number of registrations, age groups are generally divided out into 8-9 year olds, 10-11 year olds, 12-13 year olds, and seniors, 14 and older. Sometimes this is adjusted and more than two age groups may be arranged together in order to accommodate a better organized program.

Horse Public Speaking

State Representation - Each county can send 2 members (12- 13) and 2 Senior members, (14-18) to State . Our county can send 2 Senior Public Speakers, 14 years and older, who speak on a horse topic to State Activities Day to compete for National Horse Roundup.

Sign-Up Deadlines

FRIDAY, JANUARY 13th, 2012

Speech Titles

Please encourage members to have a title at the time they sign up or be sure to call in the title before the day of the event. We continue to have too many speeches without titles and need this to prepare the program. **We must have speech titles and information prior to the event.**

Resources

Call the 4-H office for the resources listed in the front of this packet. The Public Speaking Guidebook is very helpful.

Volunteers

We need adults and youth to help as volunteers. Please suggest people you have available. This is a great opportunity to recruit community volunteers, teachers, and toastmasters.

Score Sheets can be found on our website:

<http://extension.unh.edu/Counties/Merrimack/PDRes07.htm>



Presentation Day at Merrimack Valley High

NEW: SCIENCE PRESENTATIONS!

NOTE: The same score sheet is used for demonstrations, action exhibits and public speaking

Events include: * Demonstrations * Photography Contest * Action Exhibits * Poster Contest * Science Event

DEMONSTRATIONS

What is it?

Demonstrations are an opportunity for members to share with others, something that they know "how to do". It also gives members the opportunity to learn more about one of the seven 4-H live skills "communication". We need to communicate with others through a variety of ways all throughout our lives. 4-H demonstrations help members to learn new knowledge and be able to share it with others. Many of the skills learned in 4-H demonstrations strengthen school projects and are beneficial in later work environments and college.

Topics/Categories Demonstrations

Demonstrations can be done in several different project categories as outlined below. Any 4-Her, 8-18 years of age can do a demonstration, whether they have been in a project for one or many years. They should select the category which is most appropriate for what they are demonstrating.

NH 4-H State Activities Day - Demonstration Subject Areas

The broad subject areas listed below are only to help group demonstrations into rooms with a similar subject. Counties are not limited to the number of demonstrations per area, but only the total number of demonstrations allocated for the particular county. Merrimack County can send up to **10 Demonstrators to State**. Lets meet our goal of sending 10 demonstrations! We need to bring up our numbers!

1. Animal Science - Large Animal
2. Animal Science - Small Animal
3. Senior Horse Individual (only those National Horse Roundup eligible)
4. Senior Horse Team (only those National Horse Roundup eligible)
5. Citizenship & Civic Education
6. Communication & Expressive Arts
7. Environmental Education & National Resources
8. Family & Consumer Sciences
9. Healthy Lifestyle Education
10. Personal Development & Leadership
11. Plant Sciences
12. Science & Technology
13. Other (please describe)

When completing the Sign Up Form, please select the category that best fits the demonstration topic so we can organize rooms. If you have a demonstration that does not resemble one of the above, use #13 (other) and describe the subject matter so we can group it most appropriately. **Encourage members in the foods project to try a demonstration or action exhibit. Sometimes food show exhibits can be adapted to be a demonstration.**

Important NOTE about Demonstrations/Action Exhibits

NO LIVE ANIMALS ARE ALLOWED IN THE MUB. If you are doing an animal presentation you must use a stuffed animal. Firearms may not be included in any exhibit for State or Eastern States. For presentations related to firearms, models or photos must be substituted. Be aware that live animals may not be accepted at Eastern State Exposition New England Center.

As a county, we can send 2 Senior Individual Demonstrators and 2 Senior Team Horse Demonstrations (14 and older) on to the State Activities Day if those demonstrations are eligible to compete at the National Horse Roundup in Louisville, KY. Eligibility requirements are as follows; participant must be 14 years of age as of January 1, 2012 and cannot have completed at the National Horse Communications contest in the past.

Team Demonstrations

Award Notes

For the Horse Senior individual and team selected to attend Louisville, it is highly recommended a demonstration is done, not an illustrated talk. An illustrated talk does not compete well at the national level, and a lower scoring demonstration may be selected over a winning illustrated talk. The highest scoring team and individual at State Activities Day will earn a trip to Louisville, Kentucky to compete at the National 4-H Horse Roundup.

Length of Demonstration

The length may vary with the subject of the talk, but generally:

Juniors: 3-8 minutes **Seniors:** 5-10 minutes

What to bring?

- If foods demonstration, tray for materials to be placed on, table cover, use clear bowls.
- All materials for demonstration.
- Posters, if appropriate, tape, easel for posters.
- Visual Aids - These are all the parts and pieces needed to do demonstration.
- Completed item/product to show or share with judges.

NOTE: Tape will not be acceptable on the walls of Merrimack Valley High School in the cafeteria. Science fair exhibit boards make a good display piece for action exhibits.

Dry Runs at Home

This allows the member to see if everything needed is packed.

Electricity

Please check (✓) on sign up form if demonstration needs electricity.

Posters/Visual and Finished Product

In most cases, posters/visuals are very much a part of a demonstration. They help members remember parts of their demonstrations - listing steps of recipes, a cover poster can be used to introduce the demonstration and the demonstrator. A summary poster can help recap what the member did. Posters add clarity because hearing and seeing help people remember better. Members should have a finished project to show at the end of their demonstration.

Somewhere in the exhibit or on posters, people should get the impression that it is a 4-H presentation. Clovers on posters or somewhere in exhibit help get this message across. 4-H logos are to be used properly. 4-H program and connection to UNH or UNH Cooperative Extension need to be identified somewhere in the presentation.

Questions

Members should be prepared to ask their audience if they have any questions and answer questions from the judges. Members may also be asked to talk briefly with the judges after their presentations.

Volunteers Needed

Volunteers are needed for each of the various events. Please help us tap some of the talents of parents and volunteers in your club to help us with these events. Use the enclosed volunteer sheets to provide us with information.

Judges and Teens needed for State Activity Day

We need to recruit 3 judges from our county to judge at State Activities Day, Saturday, June 3rd and 2 teens to serve as Room Chairpersons. Are you interested? Let Debbie or Nancy know.

How to do a Demonstration Guide

Not sure how to do a demonstration or how to teach your members? Call for the Demonstration Guide which walks you through the steps of how to put one together. We highly recommend that clubs get this guide for their members as judges have indicated that there has been a lack of quality in Demonstration presentations the last couple of years. This guide, if followed, will give key points for doing a demonstration.

Visit

<http://extension.unh.edu/Counties/Merrimack/PDRes07.htm> for helpful hints in preparing and giving a demonstration.

Quality of Demonstrations

We look for high quality demonstrations. Using the resources we suggest will help your members become successful. Call for resources. We want to see the demonstrations we send to State be top quality. Need help with this? Call the 4-H office for resource people to help you and your members. We only move presentations on to State that would meet quality presentations.

Foods Demonstration

All food demonstrations will need to be sure they have a barrier between them and the food they are preparing. Gloves, spoons, spatulas can serve as barrier protection depending on the demonstration.

Is it an Illustrated Talk or a Demonstration?

Definition: A demonstration is the act of showing how to do something by actually doing it.

Example: A demonstration on “How to Sew on a Button”, would feature someone actually showing the steps for sewing on a button.

Definition: An illustrated Talk is the act of explaining how to do something by using visual aids such as posters, charts, models.

Example: An illustrated talk on “How to Plant a Garden” would feature the use of posters to outline the steps followed or show a correct garden plan or list the tools and seeds necessary.

Score Sheets

Available on the web site at:

<http://extension.unh.edu/Counties/Merrimack/PDR/es07.htm>



My Notes:

New Science Opportunity!

At this years presentation day we will be implementing a new piece to the event....**Science experiment demonstrations!**

As we look to have youth enjoy science and really learn basic science skills what better way to do it than by putting together a science demonstration. Many of our youth have been involved in science fairs in school and the 4-H event will help expand on science further. Better yet, it will challenge our 4-Hers to find the SCIENCE in their 4-H project!

Enclosed is a fact sheet that provides the overview of what a 4-Her needs to do if they want to participate in the track of Presentation Day.

Science Experiment Score Sheet

There is a new 4-H Science Experiment/Engineering Design Score Sheet that is modeled after our other presentation day score sheets. It provides the criteria for the evaluation of the science demonstration.

Signing Up

The Sign up is the same date as demonstrations, Friday, February 10th, 2012. If signing up a science demonstration, use CATEGORY #12.

Who can participate? Any interested 4-Her .

Where to sign up? There is a designation area to sign members up on the Presentation Day sign up form. Be sure there is a title for the Presentation. We need sign ups in order to know how many judges to plan for this science opportunity. We are also looking for volunteers who could evaluate this type of demonstration.



Favorite Food Show Sign Up

Organization Leader **ONLY** to submit this form
 Reminder: Put * by names of youth doing both Food Show and Public Speaking

Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen, NH 03303 by FRIDAY, JANUARY 13th, 2012

CLUB NAME: _____

Junior Names (8-11)	4-H Age 1/1/12	# Years in Food Proj.	Food Category Exhibited In
Older Juniors (12 & 13)	4-H Age 1/1/12	# Years in Food Proj.	Food Category Exhibited In
Seniors (14 & older)	4-H Age 1/1/12	# Years in Food Proj.	Food Category Exhibited In
Table Greeter's Name	Age		

2012 4-H Poster Contest Registration Sheet

One entry per member

Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen NH 03303 by FRIDAY, FEBRUARY 10th, 2012

BRING YOUR POSTERS TO THE 4-H OFFICE

All Posters need to be at the 4-H office by FRIDAY, MARCH 2nd.

After pre-judging at the 4-H office, posters will be exhibited at County Presentation Day on Saturday, March 10th, 2012

All Posters and Photographs needs to be picked up at Presentation Day.

Club Name: _____

PLEASE FILL IN ALL INFORMATION COMPLETELY

Do Not Count This Year

Name, Address, Phone	Date of Birth	Age 1/1/2012	Title Description	Years In Contest
Persuasion to Action - This is limited to Seniors, age 14 or older.				

2012 State 4-H Photography Contest Rules

All Photographs to the 4-H office by Friday, March 2nd, 2012

- Members do not need to be enrolled in photography to enter.
 - Prints can be black and white or color.
 - Photography must be no larger than 9" x 12". Entries can be matted and framed to a larger overall size,
 - Entry should be submitted as a print.
 - Each exhibit must be identified with a caption, name, age, address and county on reverse side.
- Members can enter photographs in the following categories:
- N.H. at its Best
 - 4-H at its Best/4-H Promotion
 - Open Category for Juniors or Seniors

NOTE:

- Photographs which have previously won a state competition, must not be resubmitted.
- Only 1 photograph per exhibit per member may be entered
- Photos have to be taken no earlier than June 1st, 2011

**Sign up for Photo Entries through Organization Leaders.
Entries are due to the 4-H office by Friday, February 10, 2012**

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NOTE:

- Photographs which have previously won a state competition, must not be resubmitted.
- Only 1 photograph per exhibit per member may be entered
- Photos have to be taken no earlier than June 1st, 2011

**Sign up for Photo Entries through Organization Leaders. Entries are due to
the 4-H office by Friday, February 10, 2012**

2012 New Hampshire 4-H Photography Exhibit

4-Hers Name: _____ Age as of January 1st, 2012 _____

Mailing Address: _____

Club Name: _____ County: _____

Photo Theme Area _____ N.H. at its Best _____ 4-H at its Best/4-H Promotion _____ Open Category

Number of Year in contest (do not count this year) _____

Photograph Caption: _____

Equipment Used: Type of Camera _____

_____ Flash _____ Filters _____ Digital _____ Digital Enhanced If yes, describe enhancements

Type of Processing Used _____ Commercially Printed _____

Other: _____

Signature of 4-H Member: _____

Glue this to the back top left corner of your photo entry.
Members **MUST** be 12 years old by 1/1/12 to be eligible for State Activities Day

2012 New Hampshire 4-H Photography Exhibit

4-Hers Name: _____ Age as of January 1st, 2012 _____

Mailing Address: _____

Club Name: _____ County: _____

Photo Theme Area _____ N.H. at its Best _____ 4-H at its Best/4-H Promotion _____ Open Category

Number of Year in contest (do not count this year) _____

Photograph Caption: _____

Equipment Used: Type of Camera _____

_____ Flash _____ Filters _____ Digital _____ Digital Enhanced If yes, describe enhancements

Type of Processing Used _____ Commercially Printed _____

Other: _____

Signature of 4-H Member: _____

Glue this to the back top left corner of your photo entry.
Members **MUST** be 12 years old by 1/1/12 to be eligible for State Activities Day.

All Posters to the 4-H office Friday, March 2nd

Rules

- ▶ Posters must be made on standard poster board measuring 14" x 22". They may be horizontal or vertical.
- ▶ **Posters on non-standard size board will not be accepted.**
- ▶ Posters may be produced by any medium including: watercolor, ink, crayon, acrylic, charcoal, and/or oils.
- ▶ Word processed lettering and computer generated graphics are acceptable.
- ▶ Posters *may* be three-dimensional, however must be no more than 1/4" high (must be able to lay flat in a pile).
- ▶ Poster should be able to be read from 10' to 15' away.
- ▶ Poster should convey one clear message (not a collage)
- ▶ Other than the 4-H Clover, posters *may not* incorporate copyrighted materials like "Garfield" or "Snoopy"
- ▶ cartoon characters or trademarked materials such as depictions of items with names like "Elmers Glue" or "Campbell's Soup"
 - **If the 4-H Clover is used**, it may not be distorted and no images may be superimposed over it.
 - The statement "18 USC 707" must legibly appear at the right of the base.
 - Any use of the official 4-H Clover (*any* clover with "H's" on the leaves) must be used in accordance with the rules governing the emblem. Official 4-H graphics and regulations may be found at:

http://www.national4hheadquarters.gov/emblem/4h_emblems.htm

Members can enter posters in the following categories:

- * 4-H Citizenship
- * 4-H Healthy Living
- * 4-H Promotion
- * 4-H Science

Posters from previous years cannot be re-submitted -

Each entry should be identified by name, age, address, county, and a brief explanation of which theme the poster represents. Use form at the bottom of this page.

Entries are limited to ONE per member Members MUST be 12 years or older as of 1/1/12 to be eligible for State Activities Day. Each county may submit 3 posters to the state poster contest.

For more information on "how to", visit this website:
<http://extension.unh.edu/Pubs/4HPubs/PostTFS.pdf>

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<http://extension.unh.edu/Pubs/4HPubs/PostTFS.pdf>

2012 4-H Poster Exhibit

Members MUST be 12 years old or older by 1/1/12 to be eligible for State Activities Day

4-Her Name: _____ Age Jan. 1st: _____

County: _____ Mailing Address: _____

City: _____ State: _____ Zip: _____ Club Name: _____

Number of years in contest previously (DO NOT COUNT THIS YEAR) : _____ years

Poster Theme Area: _____ 4-H Citizenship _____ 4-H Promotion _____ 4-H Healthy Living
_____ 4-H Science

Brief Interpretive Statement of Art Work: _____

Check List of Criteria Met (to qualify, all items must be checked):

_____ No Copyright or Trademarked materials _____ 4-H Clover used according to regulations

_____ Poster is standard 14" x 22"

_____ Poster was created after June 4, 2011 _____ Poster contains one clear message (not a collage)

_____ If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile

Signature of 4-H Member: _____

ATTACH THIS TO BACK OF POSTER

2012 4-H Poster Exhibit

Members MUST be 12 years old or older by 1/1/12 to be eligible for State Activities Day

4-Her Name: _____ Age Jan. 1st: _____

County: _____ Mailing Address: _____

City: _____ State: _____ Zip: _____ Club Name: _____

Number of years in contest previously (DO NOT COUNT THIS YEAR) : _____ years

Poster Theme Area: _____ 4-H Citizenship _____ 4-H Promotion _____ 4-H Healthy Living
_____ 4-H Science

Brief Interpretive Statement of Art Work: _____

Check List of Criteria Met (to qualify, all items must be checked):

_____ No Copyright or Trademarked materials _____ 4-H Clover used according to regulations

_____ Poster is standard 14" x 22"

_____ Poster was created after June 4th, 2011 _____ Poster contains one clear message (not a collage)

_____ If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile

Signature of 4-H Member: _____

ATTACH THIS TO BACK OF POSTER

Enhance your Leadership Potential!

Adult and Teen Volunteer Registration for Presentation Day

Demonstrations, Action Exhibits, Photography & Posters...which category would YOU like to judge?
**Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen, NH 03303 by FRIDAY,
FEBRUARY 10th, 2012**

If submitting names we are assuming the person has agreed for us to use them in a leadership way.

Please fill in all information completely.

Demonstration Volunteers

Name	Address	Phone

Action Exhibit Volunteers	Address	Phone

Photography Judges	Address	Phone

