



CONFIDENCE GROWS HERE

Cheshire County 4-H Activities Day

March 21, 2020

Walpole Elementary School, Walpole NH

★ **ALL entry forms and ALL posters, photos and 4-H Flix Videos being entered are due in the 4-H office on or before February 28, 2020.** You can also register for 4-H Day through your [4HOnline](#) account. (Log-in, scroll down to the section titled “Register a Member in an Event”.)

4-H Day is an opportunity for all 4-H members to display their communication skills. It also serves as the selection process for members ages 8 and older to go on to State Activities Day and for senior horse members to compete for a spot on the State Horse Communications Team, which competes at the New England and Louisville, KY contests.

The following is a list of activities that a 4-H'er may participate in. Activities that serve as a selection for participation at **State Activities Day on May 30, 2020** are indicated with an arrow. In order to manage scheduling, members may only enter two of activities 2 thru 9.

- | | | |
|---------------------------------------|-----------------------------|--------------------------|
| 1. Cloverbud Show and Tell | 5. Fashion Judging | ➔10. Photography Contest |
| ➔2. Demonstration or Illustrated Talk | ➔6. Fashion Selections | ➔11. Poster Contest |
| ➔3. Public Speaking | ➔7. NH 4-H Flix | 12. Table Top Exhibits |
| ➔4. Action Exhibit | 8. Mousetrap Cars | |
| | 9. Grilled Cheese Challenge | |

☆ **LIVE ANIMALS ARE NOT ALLOWED AT THIS EVENT.**

To improve your presentation skills, score sheets for all activities and information to help members prepare are available from the 4-H office or: <https://extension.unh.edu/events/2020-nh-4-h-state-activities-day>.

All events except public speaking, posters, and photography can be done as a team. Team presentations that want to go on to state must include only members 8 and older. If a senior (age 14+) is a team member, the team will compete in the senior division. If all team members are 8-10 or 11-13, they will compete in the junior or intermediate division. Invitations to state will be given out at the awards presentation and are due back in the 4-H Office no later than April 1.

We need volunteers to make this day successful. Tasks include judging, room management, set up/clean up. We encourage each participating club to provide some helpers. Please call and let us know how you can help. We will also be looking for adults to serve as judges at the state event and youth to serve as room chairs. If you would like to help with this please let us know.

Clover Bud Show & Tell

Clover Bud members (ages 5 to 7) may participate by entering a poster, a photograph, a tabletop exhibit, or do a Show & Tell about something they have learned.

Tabletop Exhibits should include the Clover Bud's name, club and the topic. It should include pictures, drawings or props to explain the display topic. In **Show & Tell**, the member should have a poster or props to help tell the story about the topic. Members should introduce him/herself with name, club and then explain the topic.



☆ Participation ribbons are given to Clover Bud entrants.



Photography

The following rules apply to all photo exhibit entries:

- A. This event is open to ALL 4-H members ages 8 to 18. It is not limited to just those enrolled in the 4-H photography project.
- B. **Members may enter up to three photos. Please select your best ones.**
- C. Entries can be black and white or color. Prints must be no larger than 9" x 12". Photographs must be matted, not framed.
- D. Photos must have been taken after May 30, 2019.
- E. Members 8 and older must fill out the enclosed "2020 4-H Photography Exhibit" form and attach to the back of your photo.
 - Exhibitor's name, age, address, county, and with a short identifying caption.
 - Equipment used: type of camera, flash, filters, etc.
 - Type of processing-Commercially printed or otherwise.
 - Any enhancements made.
- F. Members can enter photographs in the following categories:
 1. New Hampshire at its Best
 2. 4-H at its Best/4-H Promotion
 3. Open Category
- G. **Photography must be turned into the Extension office by February 28 for judging.**
- H. Participants must be 12 years or older as of 1/1/20 to advance to Eastern States Exposition.

The top three photo entries from participants ages 8 and older will be displayed at State Activities Day. Photos chosen to go on to State Activities Day can be framed, if you choose to.

Posters

Anyone currently enrolled in 4-H can enter in the poster contest. Following are the rules for the poster art contest.

- A. Posters must be made on standard poster board measuring 14" x 22" (no larger, no smaller). They may be horizontal or vertical.
- B. Posters may be educational or promotional from the following categories:
 - ❖ 4-H Citizenship
 - ❖ 4-H Science
 - ❖ 4-H Healthy Living
 - ❖ 4-H Promotion



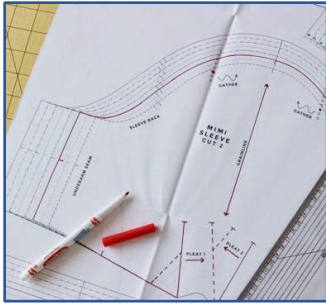
- C. Posters may be done in watercolor, ink, crayon, acrylic, charcoal, or oils. Three-dimensional posters are allowed but no more than 1/4" high. The finished poster must be able to lay flat in a pile. Word processed lettering and computer-generated graphics acceptable. Poster should be able to be read from 10' to 15' away and should convey one clear message (not a collage).
- D. 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 "Elmer's 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:

<https://nifa.usda.gov/sites/default/files/resource/Professionals-Handbook-2017.pdf>

- E. 4-H member's name, age, club, and full address should be on the back in the upper left hand corner. Members 8 and older must fill out the enclosed "2020 4-H Poster Exhibit" form and attach to the back of your poster.
- F. Posters must have been created after May 30, 2019.
- G. **Posters must be turned in to the Extension office by February 28 for judging.**
- H. Participants must be 12 years or older as of 1/1/20 to advance to Eastern States Exposition.

The top three poster entries from participants ages 8 and older will be displayed at State Activities Day.



Fashion Judging

- A. Open to all 4-Hers enrolled in the clothing project.
 - B. Garments must have been made by the 4-H'er in their sewing project.
 - C. Fashion Judging date will be determined based on number of entries and will take place in late March. If you have a garment to be judged, you must sign up by February 28.
 - D. The modeling section will be done as part of Fashion Selections.
(See Fashion Selections below.)
- ✂ Two top advanced garments may go on to state judging. In addition, six members 12 years or older, at intermediate level or beyond, may participate in the state Fashion Revue if their garments receive acceptable scores.

Fashion Selections

This event is a chance for members to display their clothes sense, creativity, speaking and writing ability, and stage presence.

- A. Any 4-H'er may participate. Decide your category:
 - Best Bargains for under \$25
 - School
 - Special Occasions
 - Interview Outfits
 - Sports/Leisure Activities
 - Make Overs
 - Career Fashions
 - B. Any favorite outfit the 4-H member has made, or purchased garments (less than \$50) may be used.
 - C. This is a presentation and members are expected to use accessories and props to "set the stage" for their outfit.
 - D. Member must write a script describing outfit, why it was chosen and when it is used. The script should be active and exciting and is part of the score. Plan on enough script to cover 30 seconds to one minute on stage. Member may speak his/her own script as they are on stage using a cordless mike.
 - E. Member will model outfit and be judged on poise, appearance, fit and coordination of outfit, modeling, communication skills and use of props and accessories.
 - F. Bring and use your own music for your presentation.
- ✂ Three youth age 12 and older can be selected to go on to state.



Demonstration or Illustrated Talk

A **Demonstration** is know how, show how, and tell how. Explain what you are doing while you are doing it. Members may compete as an individual or in teams of up to three members. Teams will compete in division of oldest member.

A Demonstration has three parts:

- A. Introduction or interest getter (with title poster).
- B. Body of demonstration, which is the show and tell part. This includes what is needed, how to do it, and why to do it this way.
(Need 1-5 procedure posters and materials to accompany them.)
- C. Summary of important points, questions and answers at the end.



★If you are planning to do a power point presentation you must supply your own equipment.

★LIVE ANIMALS ARE NOT ALLOWED AT THIS EVENT.

TIME GUIDELINES: Juniors 3-8 minutes Intermediates 4-9 minutes Seniors 5-10 minutes

Categories / Subject Areas are:

1. Animal Science - Horse Public Speaking (Seniors Only)
2. Animal Science - Horse
3. Animal Science - Livestock & Dairy Production
4. Animal Science - Small & Companion Animals
5. Animal Science - Poultry
6. Citizenship & Civic Education – Citizenship / Community Service
7. Communication & Expressive Arts - Arts & Expression
8. Consumerism - Family & Consumer Sciences
9. Consumerism - Hospitality, Etiquette, & Social Graces
10. Environment Science - Bugs & Bees
11. Environment Science - Fisheries and Aquatic Resources
12. Environment Science - Forestry & Wildlife
13. Environment Science - Environmental Science (Soil & Water)
14. Healthy Living - Health/Fitness/Physical Activity
15. Healthy Living – Foods/Nutrition/Healthy Eating
16. Healthy Living - Safety
17. Science & Technology
18. STEMonstration (A demonstration explaining the details of the STEM based project. It should show and tell what was done and learned during the project.)
19. Open Class (please describe)

An **Illustrated Talk** is like a demonstration, except instead of working on something while speaking; you just talk and use a variety of visuals (pictures, posters, sample items) to help you teach about the topic.

Time Frame:	Juniors	8-10	3-8 minutes
	Intermediates	11- 13	4 - 9 minutes
	Seniors	14 - 18	5 - 10 minutes

★ All entries ages 8 and over are eligible for state.

Invitations to Eastern States Exposition go to top demonstrations at State Activities Day which the judges feel can be easily converted to an action exhibit. Participants must be at least 12 years old to be eligible to advance to ESE. The highest scoring individual and team horse demonstrations at State Activities Day are chosen to compete at Louisville in November.

HORSE DEMONSTRATIONS:

Members ages 11 and over will use a unique scoresheet and time for horse themed demonstrations.

TIME GUIDELINES – HORSE DEMONSTRATION:

Individual:	Intermediates 5- 10 minutes	Seniors 9 – 12 minutes
Team:	Intermediates 8-12 minutes	Seniors 10-15 minutes

* 1 point deducted for each minute (or fraction) under or over the time limit.

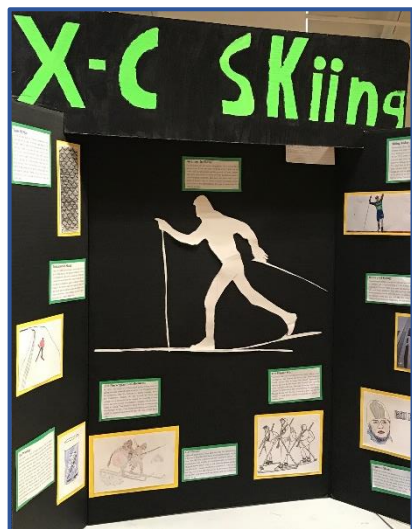
HORSE DEMONSTRATION AWARD NOTES:

In the horse contest, the highest scoring senior team and individual may be eligible to earn a trip to Louisville, Kentucky to compete at the National 4-H Horse Round-Up. Members with Horse Demonstrations must score 75% or greater to be recognized at the Awards Ceremony. Please visit the webpage for more information.

<https://extension.unh.edu/resource/new-hampshire-4-h-horse-communications-contest>

Table Top Exhibits

A Table Top Exhibit is a display that teaches about something that you have learned, or may tell about something you have done. Any member may enter a Table Top Exhibit.



- The exhibit will need to fit on a table up to 4 feet long. It is similar to an educational exhibit at the fair. Foods may be exhibited here as long as you explain what you have done. The same goes for craft exhibits.
- Display should teach or inform about something. Visual aids or prop should be included.
- May be done individually or in teams of two.
- There will be divisions for juniors and seniors.
- You can be present during judging.
- **Member's name, club and age must be visible on the display.** We have had many exhibits in the past that judges' could not locate.

Public Speaking

A Speech can be in any topic area. The speech should have an introduction, main body and a summary. No props or visuals are used; you use your voice and expressions to help pass on your message.

Top intermediate and senior speeches are chosen to go to State Activities Day. The highest scoring senior horse speech from State Activities Day is chosen to compete at Louisville in November.

Time Frame:	Juniors	8-10	1 - 5 minutes
	Intermediates	11- 13	5 - 8 minutes
	Seniors	14 - 18	7 - 10 minutes

* At State Activities Day, 1 point deducted for each minute (or fraction) under or over the time limit for intermediates and seniors.

HORSE PUBLIC SPEAKING CONTEST - A unique scoresheet is used for horse-themed speeches.

<https://extension.unh.edu/resource/new-hampshire-4-h-horse-communications-contest>

Action Exhibits

An Action Exhibit is a display that comes ALIVE. You are showing others how to do something. Exhibitors work at a table and talk with people as they go by, answering any questions and explaining what they are doing. An Action Exhibit is ongoing for 30 minutes. Teams can be comprised of up to 3 members and compete in the division of their oldest member and must be at least 12 years of age to be eligible to advance to Eastern States Exposition.

Juniors	8-10
Intermediates	11- 13
Seniors	14 - 18

Examples of Action Exhibits - A group showing all the steps in making a pie, from making the pie crust to preparing the filling. In completing this exhibit one might hand out recipes and small samples. An action exhibit needs a catchy title and should focus on one major goal.



Here are some hints to help you get started with an action exhibit:

- **Choose a topic** - what have you done or learned that you would like to show others?
- **Choose your action** - what continuous action steps can be used?
- **Choose a title** - your title should be short and catchy.

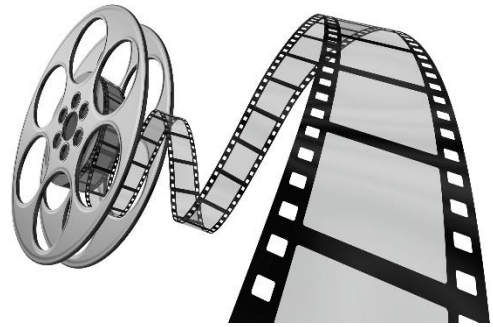
All of your visuals should be on view at all times. They should include a title poster with your name(s) listed.

At State Activities Day, Action Exhibits are to be performed for 50 minutes. Action Exhibits receiving rosettes will receive invitations to Eastern States.

NH 4-H Flix Video Contest

Create a 3-5 minute video on just about any subject, including a personal introduction video - tell us about yourself in the most creative way possible!

- Juniors (age 8-10 by 1/1/2019)
- Intermediates (age 11-13 by 1/1/2019)
- Seniors (age 14 and older by 1/1/2019)



Teams can be comprised of up to three members and compete in the division of their oldest member. Participants must be at least 8 years old to be eligible for State Activities Day consideration, and at least 12 years of age to be eligible for Eastern States Exposition (by 1/1/2020).

Videos can include contestant's choice of music (royalty/copyright free) and video production techniques, including but not limited to; video footage, still photography, computer animation, stop motion animation, etc. Entries will be judged on creativity, flow, and technical performance. Videos should be on a DVD or flash drive, labeled with each contestant's name, age, and county.

Parents, 4-H leaders and others are encouraged to inspire, guide and help with developing ideas for the video; however, the video entry must be the work of the 4-H member or team.

Contest Rules

- Videos must be 3-5 minutes in length, including the credits showing who participated in the creation of the video and what their roles were. Credits must include the title of the video and any participants. Those not taking part in the contest may appear in the video, however, all editing and production must be done by the contestants.
- Videos will be presented in front of a panel of judges and winning county videos will be judged at State Activities Day.
- After contestants introduce themselves and their video, they will play the video for the judges followed by a question-and-answer session.
- All music, video, images and computer animations used must be 4-H appropriate. Contestants should seek guidance from their 4-H leaders if they need help determining if content is 4-H appropriate (does not represent violence, criminal behavior, swearing, vulgarity, mistreatment of animals and is respectful to the community, actors, and viewers). Use of inappropriate music, video, images or computer animation will disqualify the entry immediately and the contestants will not receive a score.
- Video must comply with copyright laws and 4-H emblem must be used appropriately.
- Media releases must be submitted to the county office for everyone appearing in the video.

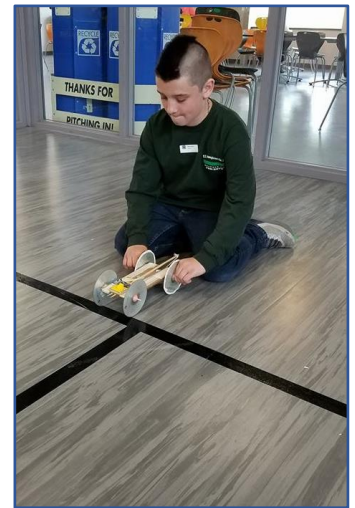
Mousetrap Car Contest

The 4-H Mousetrap Car Distance Challenge is a contest for youth to design and build a vehicle powered solely by a standard-sized mouse trap to travel as far as possible. The car that travels the farthest will be declared the winner.

The top three cars in each age category (8-10 juniors, 11-13 Intermediates, 14-18 seniors) will receive awards.

Rules

1. Vehicle must be powered by one Victor brand mouse trap measuring: $1\frac{3}{4}'' \times 3\frac{7}{8}''$.
2. The mousetrap cannot be physically altered except for the following.
 - a. Holes can be drilled only to mount the mouse trap to a frame.
 - b. The mouse trap's snapper arm may be cut and lengthened.
3. Vehicles must be self-starting. They may not start with any additional potential and/or kinetic energy other than what can be stored in the mouse trap's spring.
4. The spring from the mouse trap cannot be altered or heat treated.
5. The mouse trap's spring cannot be wound more than its normal travel distance or 180 degrees.
6. The vehicle must steer itself and may not receive a push in any direction in order to avoid a collision.
7. All vehicles will go through a compliance check to be sure that it meets all the rules.
8. **Each participant may have up to three trials to race their car. The best measured distance will be scored.**
9. The greatest linear distance will be the total distance a vehicle travels measured perpendicular from the front of the starting line to the point of the vehicle that was closest to the start line and will not "angle" to where the vehicle comes to rest.
10. The Judge has the final decision as to the appropriateness of any additional items that might be used in the construction of the vehicle.
11. During the contest, only youth may operate, adjust and repair their cars. There may be no adult participation at all. If youth need help they may ask another 4-H member to assist them.
12. **Vehicles may not be altered during the contest between trials. Repairs may be made as long as they do not include any design changes.** There will be a repair table with basic supplies for car repair.
13. All participants are strongly encouraged to give a demonstration talk about their car. They will need to register for a Demonstration as well as the Mousetrap Car Challenge. Evaluation will use the STEMonstratation scoresheet.



Grilled Cheese Cook Off

Contestants must compete with a team of two-three youth. One adult supervisor per team should be present for safety precautions ONLY!

Each team must supply the following mandatory cookware:

- ☐ Skillet, hot plate OR electric frying pan or electric griddle. NO element that cooks two sides at once such as deep fryer, George Forman Grill type device, Panini Press, or toaster oven can be used.
- ☐ Spatulas, knives, other utensils needed to prepare the sandwiches
- ☐ Grilling Apron
- ☐ Cutting Boards
- ☐ Hand sanitizer
- ☐ Disposable Gloves
- ☐ Safe Food Handling Information Sheet (Fight BAC: Four Simple Steps to Food Safety)
- ☐ Tablecloths
- ☐ Plates
- ☐ Grilling Hats or Clean Caps

Food Product & Food Safety

1. Teams will need to bring all supplies and ingredients necessary to make 2 sandwiches for judges.
 2. No preparation including cutting of garnishes may be done prior to the start of the competition. This will be included as part of the plating process.
 3. Supplies cannot be borrowed or added once the setup starts at the beginning of the contest, this includes supplies from other teams, parents or spectators. You must be prepared.
 4. PLEASE NOTE: Any perishable items MUST be kept in a cooler with ice and be stored at safe temperatures (below 40 degrees F).
 5. All foodstuffs must be stored off the ground, at least 6".
 6. Please be sure to label your bags/coolers with your name. Temperatures will be checked at registration.
 7. All competitors must wear the grilling hats, aprons and gloves per Board of Health regulations.
 8. When handling foodstuffs, all competitors WILL wear sanitary, disposable gloves. All members of the team will need to wear gloves and maintain a safe food environment.
- Judging Process: There are two categories judged as part of the Grilled Cheese Cook Off, teams may compete in one or both divisions.
 - Bread, butter and cheese
 - Bread, butter, cheese and other items, such as protein, fruits and veggies.
 - Teams will be responsible to provide recipes including any spices, garnishes to the judges. Plating is an important part of the process; this presentation is valued at 20 points and can be an opportunity to show creativity. **Teams will be asked questions and scored on MyPlate/Nutrition information as well.** Youth must as a group present a dish of one sandwich per judge and give explanation of their dish and be prepared to answer any questions.
 - Time Limits - All grilling will be done in separate 15-minute heats and each team will have only 15 minutes to complete their grilling. No exceptions! Spatulas down means spatulas down. **(Please note: may want to consider pre-heating electric griddles at low temperature.)**

Reminders

Help us make this day a great experience for our 4-H'ers. We are always looking for help for this event. We look for clubs to help set up the poster and photography exhibits, 2 to 3 people to manage registration, help to set up and manage the public speaking, demonstration, and action exhibit rooms, and also help with Table Top exhibits. Call the office (352-4550) or email andrea.sawyer@unh.edu and we will get you a description of your job.

- ➡ We recommend that anyone interested in learning more about 4-H in their community attend this event. 4-H staff, volunteers, and members are available to answer your 4-H questions.
- ➡ Table Top Exhibits from 4-H Day make great educational exhibits for the fair. **Visuals aids and props are required** for a Table Top to be converted to an educational exhibit at the fair. Otherwise, it will be judged as an educational poster.
- ➡ All entries entered at 4-H Day can be converted to a building exhibits or members may do their live presentation at the fair.
- ➡ **Members 8 and older entering a photo or poster in 4-H Day must** fill out the enclosed “2020 4-H Photography Exhibit” or “2020 4-H Poster” form and attach to the back of your photo or poster.
- ➡ Firearms may not be included in any presentation at 4-H Day or State Activities Day. For presentations related to firearms, members must use a model or photo.
- ➡ **NH 4-H State Activities Day will be held at the Manchester Community College, Manchester NH on May 30, 2020.**

A reminder to all 4-H volunteers and 4-H members to please reenroll in 4-H for the 2019-2020 year through 4HOnline. All members need to be enrolled/reenrolled in 4-H in order to participate in 4-H Day. If you need help or have questions, give us a call at 352-4550.

extension.unh.edu

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University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



2020 4-H Photography

4-Her Name: _____

Age category: ☐ Juniors (age 8-10 by 1/1/2020) ☐ Intermediates (age 11-13 by 1/1/2020) ☐ Seniors (age 14 and older by 1/1/2020)

Mailing Address: _____ County: _____

City: _____ State: _____ Zip: _____

Photo Theme Area: _____ New Hampshire at its Best _____ Open Category _____ 4-H At its Best/4-H Promotion

Photography Caption: _____

Equipment Used: _____

_____ Flash _____ Filters _____ Digital _____ Commercially printed

_____ Digital enhanced If yes, describe enhancement _____

_____ Other _____

_____ Photo was taken after May 31, 2019

Signature of 4-H Member: _____

ATTACH THIS TO BACK OF PHOTO



2020 4-H Poster Exhibit

4-Her Name: _____

Age category: ☐ Juniors (age 8-10 by 1/1/2020) ☐ Intermediates (age 11-13 by 1/1/2020) ☐ Seniors (age 14 and older by 1/1/2020)

Mailing Address: _____ County: _____

City: _____ State: _____ Zip: _____ Poster Classification: _____ Educational _____ Promotional

Theme Area: _____ 4-H Citizenship _____ 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 acknowledging compliance) :

_____ No Copyright or Trademarked materials _____ 4-H Clover used according to regulations _____ Poster is standard 14" x 22"

_____ Poster was created after May 31, 2019 _____ 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

4-H DAY Entry Form (due February 28)

NAME _____ AGE 1/1/2020 _____

CLUB _____

MAILING ADDRESS _____

☐ I/we would like to be a helper with the following activity: _____

4-H Day entries and all posters, photos and FLIX Videos are due in the 4-H office by February 28th. Late entries will only be accepted if time/space allows. Members may only enter two of the starred (☆) activities. **You can also register for 4-H Day through your [4HOnline](#) account. (Log-in, scroll down to the section titled "Register a Member in an Event".)** If you cannot participate in any of the activities you signed up for, please let us know ASAP so we can adjust the schedules of other participants.

☐ ☆ **Action Exhibit**

Title: _____

4-H Project: _____

Check any that apply:

☐ team exhibit with _____

☐ uses electricity

☐ ☆ **Demonstration/Illustrated Talk**

Title: _____

4-H Project: _____

Demo is about: _____

Check any that apply:

☐ team demo with _____

☐ uses electricity

☐ ☆ **Speech**

Title: _____

Topic area: _____

☐ ☆ **NH 4-H Flix Video Contest**

Name/Title of video: _____

Team video with: _____

☐ **Cloverbud Show And Tell**

☐ Tabletop exhibit ☐ Show & Tell exhibit

Topic: _____

☐ **Poster**

Title: _____

☐ **Table Top Exhibit**

Title _____

☐ **Photography** *Limit 3 photos per member.
(Photos must be matted, not framed.)

Number of entries: _____

☐ **Fashion Judging**

Garment(s): _____

☐ Novice ☐ Intermediate ☐ Advanced

☐ ☆ **Fashion Selections**

Garment(s): _____

☐ ☆ **Mousetrap Cars**

Team members:

1. _____

2. _____

☐ ☆ **Grilled Cheese** Team members:

1. _____

2. _____

3. _____

Supervisor: _____

4-H Day Information
Entries Due: February 28

UNH Cheshire County Extension, 4-H
33 West Street
Keene NH 03431