



Grafton County 4-H Activities Day (CAD)



What Can You Enter This Year?

Youth may participate in several different activities. **However, 4-H'ers are only permitted to select a maximum of two of the following communication presentations:** Public Speaking, Action Exhibits, Demonstrations, Fashion Selections. (This limit does not include photos, posters, and FLIX.)

DATE & TIME:

Saturday, March 16, 2019
(*snow date: March 23, 2019*)
9:00am – 2:30pm (approximate)

LOCATION:

The Lyme School
35 Union Street
Lyme, New Hampshire

OPEN TO:

Currently enrolled Grafton County
4-H members and Cloverbuds

REGISTRATION DEADLINE:

Friday, March 1, 2019

REGISTER ON-LINE:

<https://tinyurl.com/CAD2019Reg>

UNH Cooperative Extension - Grafton County
3855 Dartmouth College Hwy., Box 5
North Haverhill, NH 03774
(603) 787-6944
Donna Lee, 4-H Program Manager
Email: donna.lee@unh.edu

- ✿ **Photography** – Each participant may submit up to three entries. Photos must be dropped off at the Extension Office no later than March 1 by 3:30pm.
- ✿ **Posters** - Each participant may submit up to three entries. Posters must be dropped off at the office no later than March 1 by 3:30pm.
- ✿ **Demonstrations** – An opportunity to share something that you know “how to do” with others. Individuals, or teams of up to three members may participate.
- ✿ **Action Exhibit** - Individuals, or teams of up to three, will present and interact with people as they walk around. Members will answer questions and involve the public in the presentation of their exhibit.
- ✿ **Public Speaking** - An opportunity for youth to demonstrate the skills needed for talking in front of other people.
- ✿ **NH 4-H FLIX Video Contest** – Create a 3-5 minute video on just about any subject, to be played at the event. Open to individuals and teams of up to three. Video entry flash drives must be dropped off at the office no later than March 1 by 3:30pm.
- ✿ **Fashion Selections** – Youth ages 12+ will wear their fashion selections, model in front of judges, and discuss their consumer choices.

extension.unh.edu

The University of New Hampshire Cooperative Extension is
an equal opportunity educator and employer.



PLEASE NOTE THE FOLLOWING AGE DIVISIONS:

- 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)




All eligible winners will be given an invitation to attend State Activities Day (S.A.D.) on May 4, 2019 at the Manchester Community College.

Cloverbuds will receive participation ribbons.

Ribbons will be awarded to 4-H members based on the Danish System (blue, red, white). Rosettes will be awarded to the top winners in each age division.

SCHEDULE FOR COUNTY ACTIVITIES DAY:

9:00 am - 9:30 am	Judges' Orientation	
9:00 am - 9:30 am	Registration	
9:45 am - 10:00 am	Opening Ceremony	
10:00 am - 12:30 pm	Judging of Demonstrations, FLIX Contest, Action Exhibits, Fashion Selections, and Public Speaking. Posters and Photography entries will be on display.	
served until 1:00 pm	Lunch Break - the Little Beefers 4-H Club will be sponsoring a food booth during the lunch break. Please consider supporting their efforts by purchasing refreshments from them.	
Awards Ceremony	(as soon as all scoring is completed)	

If there is questionable weather listen to WYKR 101.3FM, WLTN 96.7FM, or call 787-6944 ext. 2 and wait for 30-45 seconds to hear the cancellation information.

GENERAL INFORMATION

Who May Participate in CAD

All enrolled Grafton County 4-H members may participate in County Activities Day events. Cloverbuds are encouraged to participate in these activities in a non-competitive manner. Cloverbuds may only be in teams with other Cloverbuds. Cloverbuds will receive participation ribbons for their efforts.

Multiple Presentations

If youth are preparing multiple presentations, they must be sure to present them using different content. (i.e. Rather than presenting both an Action Exhibit and a Demonstration on Making Slime, a 4-H'er would opt to present an Action Exhibit on Making Slime, and a Demonstration on Different Types of Leavening Agents for Baking.)

Dress and Presentation

Dress appropriately. 4-H clothing is encouraged - remember appearance counts! First impressions and the overall appearance are important. An audience often forms an impression of a presenter before any words are spoken. A number of things contribute to the appearance of a speaker including grooming, style and fit of clothing, posture, facial expression, and appearance of confidence.

Another aspect of appearance is the appropriateness of the speaker's clothing for the topic, the audience, and the situation where the talk is being given. Youth should dress up for this event, or wear clothing appropriate for the topic they are presenting (i.e. riding attire for a demonstration on an equine dressage class).

4-H'ers should stand up during their presentation. This includes Demonstrations, Action Exhibits and Public Speaking.

Resources for Members and Leaders

The Extension Office has several different educational resources available for leaders to help prepare members for this learning experience. Extension staff members are available to answer questions and share ideas. Please contact the county office for more information, 787-6944. Easels are available upon request. Please check the box on the registration form.

Use of animals for Action Exhibits or Demonstrations

Live animals are not allowed at County Activities Day or State Activities Day.



Use of Firearms for presentations



Firearms may not be included in any 4-H County, State Activities Day, or Eastern States Exposition presentations. For presentations related to firearms, models or photos must be substituted. A FLIX presentation would be a good alternative for this topic.

Food presentations

Due to food safety issues, no food samples are to be given out to the general public.



DEMONSTRATIONS

What is a Demonstration?

Demonstrations are an opportunity for members to share something that they know “how to do” with others. Demonstrations are open to all 4-H members. 4-H members share their “know how” with judges, and practice using their communication skills in order to prepare them for a variety of life-long experiences.

Time Guidelines:

Juniors 3 to 8 minutes **Intermediates** 4 to 9 minutes **Seniors** 5 to 10 minutes



Horse Demonstration Time Guidelines:

Individual - Intermediates 5- 10 minutes Seniors 9 – 12 minutes

Team - Intermediates 8-12 minutes Seniors 10-15 minutes

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

ORGANIZING YOUR DEMONSTRATION:

- 1. Topics should be selected in accordance with age level and appropriate 4-H curriculum.**
Demonstrators should acknowledge the source of their information and ideas.
- 2. Posters and visuals are an important part of the demonstration process.**
Posters and visuals help members remember specific parts of the demonstrations. Posters add clarity and help the audience to understand the process being demonstrated. It is permissible to create computer generated posters and visuals. Posters should be readable from a distance of 10 feet.
- 3. Organize all materials needed to perform the demonstration.**
Members should pack all materials needed for the demonstration. Example: ingredients, special equipment, tape or an extension cord. 4-Her's should practice and be comfortable using the materials as part of their demonstration.
- 4. Recommended set up time** for your demonstration is no more than 5 minutes.
- 5. Questions are part of the demonstration process.**
Members should be prepared to ask the audience for questions and should be ready to answer them. Remember to repeat the question before answering it. (“the question has been asked...)
- 6. Adhere to safety rules**
Please follow food safety guidelines when working with food. The Purdue 4-H Foods and Nutrition curriculum will provide members with this information. Participants using food of any kind must have food safety gloves on at all times. Due to food safety issues, no food samples are to be given out to the general public. Electrical safety should also be practiced.
- 7. No brand names of any kind should be visible**
The 4-H program does not endorse any brand; therefore **no brand name of any kind should be visible.** All supplies should be put in generic containers, and labels should be covered.
- 8. Identify as a 4-H exhibit and its connection to UNH Cooperative Extension.**
All demonstrations must be identified as a 4-H exhibit. Use 4-H flags, 4-H colors, and/or 4-H clovers to do this.
- 9. An easel** will be available for use in the Demonstration room.

Demonstrations may be done in any 4-H project area listed below

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
7. Communication & Expressive Arts
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 (STEMonstration is a demonstration explaining the details of the STEM based project completed by the 4-Her. It should show and tell what was done and learned during the project.)
19. Open Class (please describe)

Individual or Team Demonstrations – You have a choice

Demonstrations can be done as an individual or a team. Members who choose to work together need to have equal amounts to say and do. Team members should be equal in ability and experience. Teams can be comprised of up to 3. Team exhibits may combine Juniors, Intermediates and Seniors, but these teams will compete at the level of the most advanced participant. Cloverbuds may only be in teams with other Cloverbuds.

Scoresheet

Scoresheets are available upon request. You may find them on our website. Cloverbuds are not judged, but may be asked questions about their Demonstrations.



ACTION EXHIBITS

What is an Action Exhibit?

Action Exhibits are open to all 4-H members. An action exhibit features one to three 4-H'ers showing a process by making or doing something, while explaining to an audience of one or more people. This event encourages members to work together, strengthens communication skills and builds confidence.

Members work behind tables and talk to people as they walk around the room. The audience is involved throughout the exhibit by asking questions or joining in on the process. Action exhibits are different from demonstrations in that constant talking is not necessary, more people are involved as well as more time allowed to complete the process. Continuous Action is the key phrase here!

Categories / Subject Areas

It is important to select a category/topic which is most appropriate for age and experience levels. Exhibits should be based on 4-H project work, (such as gardening, animal science, cooking, sewing, fine arts & crafts, technology, citizenship, community service, to name a few). PLEASE NOTE: Due to food safety issues, no food samples are to be given out to the general public.

Teams

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. Cloverbuds may only be in teams with other Cloverbuds.

ORGANIZING YOUR ACTION EXHIBIT:

1. Choose a topic that you are comfortable with and shows CONTINUOUS ACTION

What would be FUN and EDUCATIONAL to show others? **Determine the exhibit's goal.**

What is the final outcome -- to teach others something? Show the audience how to do something? Promote something?

2. Decide on a catchy title and use posters/visuals to catch attention.

Titles should be short, have one idea and tell the most important point – BE CREATIVE! Posters and other visuals add to the exhibit and help the audience understand the process. It is permissible to create computer generated posters and visuals. Visuals should be made to be displayed on the top of the table. Title posters should be visible from 10 – 15 feet away and will be displayed on easels. Title posters should include the 4-H'ers name, age, club name, and should identify the project as a 4-H exhibit and its connection to UNH Cooperative Extension. Use 4-H flags, 4-H colors, and 4-H emblems to do this.

3. Keep time guidelines in mind.

Approximately 50 minute time period of youth engaging with judges and audience, with a 15 minute set up time. Bring enough supplies to do your Action Exhibit for the full time period with audience participation.



4. Organize all materials needed to perform the action exhibit.

Members should pack all materials needed for the action exhibit. Tables will be provided, all other items are the responsibility of the member/team. This includes ingredients, special equipment, tape and an extension cord. Members should be comfortable with the materials being used as part of the exhibit. Practicing at home will prepare for the big day!

5. Adhere to safety rules!

Please follow food safety guidelines when working with food. The Purdue 4-H Foods and Nutrition curriculum will provide members with this information. Participants using food of any kind must have food safety gloves on at all times. Due to food safety issues, no food samples are to be given out to the general public. Electrical safety should also be practiced.

6. Questions are part of the action exhibit process.

Members should be prepared to ask the audience if they have any questions and be ready to answer them.

7. No brand names of any kind should be visible!

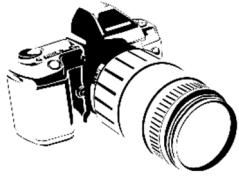
The 4-H program does not endorse any brand; therefore **no brand name of any kind should be visible**. All supplies should be put in generic containers, and labels should be covered.

8. Easels are available upon request. Please check the box on the registration form.

Scoresheet

Scoresheets are available upon request. You may find them on our website. Cloverbuds are not judged, but may be asked questions about their Action Exhibit.





PHOTOGRAPHY CONTEST

Photography entries must be dropped off at the Extension Office in North Haverhill no later than **Friday, March 1**.

What is this event?

The photography contest is open to all 4-H members. Members do not have to be enrolled in the photography project to enter this contest. Youth may submit up to **three** entries. Entries can consist of a single matted and framed photo.

PHOTOGRAPHY CATEGORIES

Members may enter photographs in the following categories:

- o New Hampshire at its Best
- o 4-H at its Best/4-H Promotion
- o Open Category

Photographs must have been taken after May 31, 2018. Photographs which were previously used at County Activities Day or have been sent to State Activities Day cannot be resubmitted.

ORGANIZING YOUR PHOTOGRAPHY EXHIBIT

Consider the following points when organizing a photo exhibit:

1. Specific information is needed for each exhibit.

Please identify each photo by attaching the *Photography Contest Form* to the back of your entry.

2. Displaying photos to best possible advantage.

3. Size of photos.

Prints (black & white or color) must not exceed 9"x12". Entries can be matted and framed to a larger overall size.

4. Photos do not need to include the UNH Cooperative Extension logo or the 4-H Clover.

Scoresheet

Scoresheets are available upon request. You may find them on our website. Cloverbuds will be given feedback, but are not judged.

POSTER CONTEST

Posters must be dropped off at the Extension Office no later than **Friday, March 1.**

What is this event?

The poster contest is open to all 4-H members. It is a great way to encourage members to express an idea using visual creativity and to communicate a visual message.

POSTER CLASSIFICATION:

Promotion
Educational

POSTER THEMES:

4-H Citizenship
4-H Healthy Living
4-H Science

Grafton County
Only

Other (**GRAFTON COUNTY ONLY**) – posters in this category are not eligible for State Activities Day

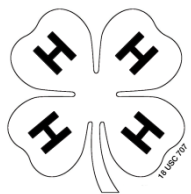
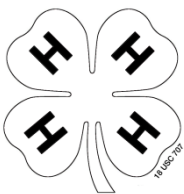
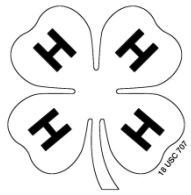
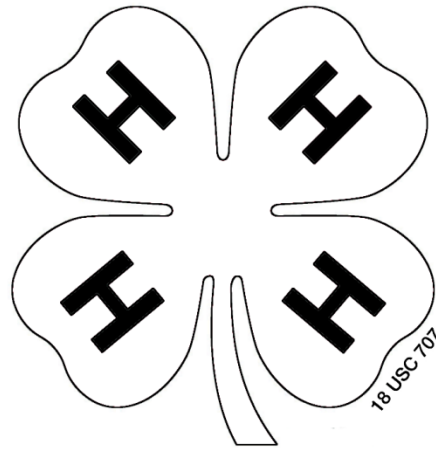
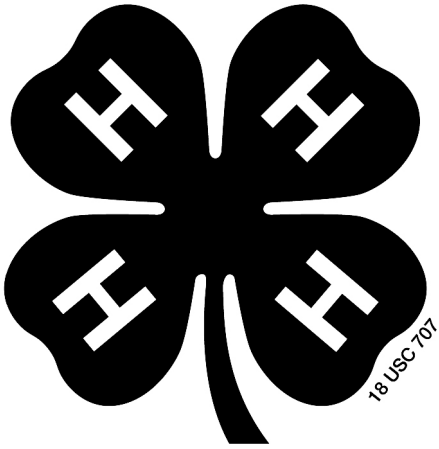
Posters must have been created since State Activities Day, 2018

1. Youth may submit up to three (3) entries.
2. Participants must be 12 years or older as of 1/1/19 for their entry to be eligible for advancement to Eastern States Exposition.
3. 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. The overall size of the poster cannot exceed 14” x 22” and should not have anything hanging off the edge of the board.
4. 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.
5. Posters *may* be three-dimensional, however, they can be no more than 1/4” high (must be able to lay flat in a pile).
6. Poster should be able to be read from 10’ to 15’ away, and should convey one clear message (not a collage)
7. Other than the 4-H Clover, posters *may not* incorporate copyrighted materials like "Snoopy" cartoon characters or trademarked materials such as depictions of items with names like “Elmers Glue” or “Campbell’s Soup”
8. **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://extension.unh.edu/events/nh-4-h-state-activities-day>
9. Posters must have a completed *poster entry form attached to the back.*

Scoresheet

Scoresheets are available upon request. You may find them on our website. Cloverbuds will be given feedback, but are not judged.

You may use these graphics for your displays, exhibits and/or posters.
If you need a different size, or a color version please contact the office.



NH 4-H FLIX VIDEO CONTEST

(Adapted from North Dakota State University Extension)

FLIX Video Description

- Teams can be comprised of up to 3 members, and will 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 1/1/2019).
- 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.
- Contestants will be judged on creativity, flow of the video, technical performance.

Contest Rules

- Entries are due to the Extension Office no later than the close of business on March 1, 2019.
- Videos must be 3-5 minutes in length, including the credits.
- The video must have credits showing who participated in the creation of the video and what their roles were. The credits also must include the title of the video and any participants.
- Others who are not taking part in the contest may appear in the video, however, all editing and production of the video must be done by the contestants.
- 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.
- Video must comply with copyright laws and 4-H emblem must be used appropriately.
- Media releases must be submitted with the video for everyone appearing in the video.
- Video must be submitted on a flash drive and must be labeled with the contestant's names, ages, and county. Windows compatible programming requested, such as Movie Maker.
- 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.

Definition of 4-H Appropriate

An entry in the NH 4-H Flix contest will be considered 4-H Appropriate if it meets the following guidelines:

- It is free of violence
- Does not contain swearing or vulgarity
- 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.

PUBLIC SPEAKING CONTEST

WHAT IS THIS EVENT?

Public Speaking is open to all currently enrolled 4-H members. Participants must be at least 11 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 1/1/2019). 4-H public speaking gives youth a jump-start on talking in front of other people. It is an opportunity for members to learn skills needed for effective communication both verbal and written.

SELECTING A TOPIC

Speeches must be original and must have not been used in other speaking contests. **Topics may be on any subject. However, speech content and main idea must be noted on the registration form and should be 4-H appropriate.** 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.

RECOMMENDED LENGTH OF TIME FOR A SPEECH

The general rule of thumb is:

Cloverbuds	5 - 7 years old	1-2 minutes
Juniors	8 - 10 years old	1-3 minutes
Intermediates	11-13	5-8 minutes
Senior	14-18	7-10 minutes

Horse Public Speaking Time Guidelines:

Intermediates	5-8 Minutes
Seniors	7-10 Minutes

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



INTRODUCTION:

To begin your speech, introduce yourself by name, 4-H club, and speech title/topic. At the conclusion of the speech, contestants should cite their major references; (this is not considered part of the allotted time). In addition, question and answer time is not counted as part of the length of the speech. Contestants are encouraged to repeat the question then answer it.

DRESS

Points for inappropriate attire will be deducted from the scorecard. Improper attire will be determined at the discretion of the judges. Business attire or dress appropriate to the speech is acceptable.

USE OF NOTE CARDS & VISUALS

Notes or note cards may be used. Be sure to number your cards. Use of notes should not distract from the presentation. **No props or visual aids should be used when presenting a formal speech.**

SCORESHEET

Scoresheets are available upon request. You may find them on our website. Cloverbuds are given feedback, but not judged.

FASHION SELECTIONS

(ages 12 and over)

WHAT IS THIS EVENT?

Do you want to model but don't want to sew garments for yourself? Are you interested in making wise consumer choices? This is the event for you!

Participants will shop for, select, and purchase one or more garments then combine them with accessories or other garments from their current wardrobe to create a coordinated outfit. Only one entry can be entered in the 4-H Fashion Selection program and your purchase must have been done in the past year.

GENERAL GUIDELINES

Check out various stores to see how good a shopper you can be and find value for your money. The maximum amount that can be spent for garment(s) purchased for this program is \$50. Garments can be purchased from specialty stores, department stores, discount stores, factory outlets, thrift stores, consignment stores, mail order or through the internet.

Compare prices, garment features, fabrics, colors and consumer services. Garment make overs can also be showcased in the program as long as the date of purchase was within a year and garment price didn't exceed the \$50 limit.

DECIDE YOUR CATEGORY

- | | | |
|-------------------------------------------------------|--------------------------------------------|-------------------------------------|
| <input type="checkbox"/> Best Bargains for under \$25 | <input type="checkbox"/> Career Fashions | <input type="checkbox"/> Make Overs |
| <input type="checkbox"/> Special Occasions | <input type="checkbox"/> School | |
| <input type="checkbox"/> Sports/Leisure Activities | <input type="checkbox"/> Interview Outfits | |

JUDGING

Evaluation will be done by a panel that will interview you. You will also model your outfit and be evaluated on fit, appearance, modeling, poise, communication skills, and appropriateness of accessories. Every participant will receive a ribbon. Three youth, 12 and older, will be eligible to represent their county 4-H program at State Activities Day.



2019 4-H Photography

4-Her Name: _____

Age category: 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)

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, 2018

Signature of 4-H Member: _____

ATTACH THIS TO BACK OF PHOTO



2019 4-H Poster Exhibit

4-Her Name: _____

Age category: 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)

Mailing Address: _____ County: _____

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

Theme Area: _____ 4-H Citizenship _____ 4-H Healthy Living _____ 4-H Science _____ Open Category (for Grafton County Only)

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, 2018 _____ 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