

# Coös County 4-H Activities Day (CAD)



## DATE & TIME:

Saturday, March 16, 2019  
(Snow date: March 30, 2019)  
8:45am – 2:00pm (approximate)

## LOCATION:

Colebrook  
Elementary  
School  
27 Dumont St.  
Colebrook, New Hampshire

## OPEN TO:

Currently enrolled Coös County 4-H  
members and Cloverbuds

## REGISTRATION DEADLINE:

Friday, March 1, 2019  
UNH Cooperative Extension - Coös County  
629 Main Street  
Lancaster, NH 03584  
(603) 788-4961  
Christine Whiting, 4-H Program  
[christine.whiting@unh.edu](mailto:christine.whiting@unh.edu)

[Register Here](#)

## 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 four presentation methods:** Public Speaking, Action Exhibits, Demonstrations, Illustrated Talk.

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.)

- ✿ **Photography** – Each participant may submit up to three entries. Photos must be dropped off at the Extension Office no later than March 1st by 3:30pm.
- ✿ **Posters** - Each participant may submit up to three entries. Posters must be dropped off at the Office no later than March 1st 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. \*More than three allowed but will not qualify for SAD.
- ✿ **Illustrated Talks**- are like demonstrations but, instead of working on something while you talk, you just talk and use a variety of visual aids to help you.
- ✿ **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 their exhibit presentation. \*More than three allowed but will not qualify for SAD
- ✿ **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 any subject, to be played at the event. Open to individuals and teams. Video entry flash drives must be at the Office no later than March 1<sup>st</sup> by 3:30pm.



***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)

**Top winners ages 8 and older, in all categories except Public Speaking (must be at least 11 years old) are eligible to attend State Activities Day (S.A.D.) on May 4, 2019 at the Manchester Community College.**

**S.A.D. eligible members will be announced during the awards ceremony. Participating S.A.D. members must be at least 12 years of age to be eligible for Eastern States Exposition (the Big E).**

**For Photos, Posters, and FLIX Contest at State Activities Day:**

Each top award includes (2) admission passes, (1) parking pass, and (2) lunch tickets to the Big E, as well as eligibility for an Eastern States jacket, per County funding criteria (12 years of age and above).

**SCHEDULE FOR COUNTY ACTIVITIES DAY:**

8:45 am - 9:15 am	Registration
9:30 am - 10:00 am	Opening Ceremony & Judges Orientation
10:00am - 1:00 pm	Judging of Demonstrations, Illustrative Talks, FLIX video contest, Action Exhibits and Public Speaking, Posters and Photography entries will be on display
Served 12:00 pm	Lunch Break - the Coös County YLT is 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)





## GENERAL INFORMATION

### **Who May Participate in CAD?**

All enrolled Coös County 4-H members may participate in County Activities Day events. Cloverbuds are encouraged to participate in these activities in a non-competitive manner.

### **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, Illustrated Talks, 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, 788-4961. Easels are available upon request.

### **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 at State Activities Day or Eastern State



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## 4-H DEMONSTRATIONS & ILLUSTRATED TALKS

### WHAT ARE 4-H DEMONSTRATIONS AND ILLUSTRATED TALKS?

Demonstrations and illustrated talks can help you develop poise, confidence, and communication techniques as you practice basic "how to's" of public speaking. You will increase your knowledge because the more you know about the topic of your demonstration or illustrated talk, the easier it is to express your ideas before others. The skills you learn will help you in many situations throughout your lifetime.

**Demonstrations** are simply showing and telling how to do something. You explain what you are doing while you work on something you like to do. You've seen lots of demonstrations without realizing it. When your mom or dad shows you how to pound a nail, make your bed, or set a table, that's a demonstration. When your 4-H leader shows you how to transplant a house plant, that's also a demonstration.

**Illustrated Talks** are like demonstrations but, instead of working on something while you talk, you just talk and use a variety of visual aids to help you. When your 4-H leader explains the horse breeds and colors by using horse models, that is an illustrated talk. When your friend explains a family vacation trip and shows you pictures, maps, and souvenirs, that is also an illustrated talk.

#### 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. Exmple: 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 7 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.

**INTRODUCTION** - The introduction gets the audience interested in what you will be telling and showing them. They should state the purpose, be original, brief, and interesting. You can also explain why the topic you chose is important to you. Some tips for engaging your audience:

**RHETORICAL QUESTIONS** - Raise questions which do not require an answer. Example: "Are you hungry when you come home from school? Learning to prepare healthy snacks is fun and fills you up, too."

**THE STORY, ANECDOTE, JOKE, OR PERSONAL REFERENCE** - Be careful that you stay on topic. Example for an Illustrated Talk on collecting and mounting seashells: "Our family travels a lot since my Dad is in the Navy. One of the ways I remember places is by collecting and mounting seashells."

**REFERENCES TO PLACES, PEOPLE OR THINGS.** Example for a demonstration on drying leaves and flowers: "The autumn leaves of New Hampshire's White Mountains attract many throughout New England for fall foliage tours. To preserve autumn leaves, there are some basic drying techniques to be mastered."

**SHORT QUOTATIONS OR STATISTICS.** Example from a talk about the U. S. Flag for Citizenship: "On June 14, 1777 the Second Continental Congress at Philadelphia resolved that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

Next, introduce yourself. State your name, as well as a sentence or two to tell your audience a bit about yourself and your 4-H experience. Let the audience know why you chose this topic. They want to get to know you!



**THE BODY** - This is the main part of the demonstration where you develop the content of your presentation. Use correct methods to show all necessary steps. For all action, try to relate **WHAT** and **HOW** to do it and also **WHY** it is done. Example: for the action – greasing a pan to prepare it for cooking eggs:

**WHAT** Use an oil to create a non-stick barrier between the eggs and the cooking surface.

**HOW** Spread 1-2 teaspoons of oil or butter evenly in the pan you will be using. Heat the pan.

**WHY** The thin layer of oil prevents the egg from sticking to the pan while cooking.

While working, try to keep the center of your table surface neat, attractive and open. All actions should be visible to the audience in all areas of the room. Try to have materials in varying stages of completion if the steps take too long to do in front of a group, for example, demonstrating how to make a basket.

**SUMMARY** - The summary emphasizes what you want the audience to remember. It is not necessary to restate everything you have just said in the body of your demonstration. Keep it short and simple. A poster can also be used as a summary.

At the very end of the demonstration or talk, remember to say: "This completes my demonstration. Are there any questions or comments?" If there are questions, repeat them so all in the room can hear both the question and your answer. Answer to the best of your knowledge. If you do not know the answer, admit it and say you will try to find out for them or ask if someone in the room knows the answer. Remember, we all learn by doing demonstrations or giving talks and no one is expected to know everything.

#### **Food demonstrators:**

- Need an apron and a hair net or headband/hat/cap if hair is longer than to one's collar
- Should observe recommended safe food practices [www.foodsafety.gov/keep/basics/index.html](http://www.foodsafety.gov/keep/basics/index.html)
- Should use clear mixing bowls so all can see the product as it is being mixed.

#### **POLISH UP YOUR PRESENTATION WITH THESE POINTERS**

- The length of a demonstration/talk depends on the subject; more complicated talks take longer. Generally aim at 5 - 10 minutes.  
(See Horse Contest Guidelines for rules specific to that subject area)
- If items are on trays, it is easier to set up and clean up after. Divide your work area into thirds: one with a tray for utensils and ingredients to be used, the middle to work in, and the third tray to put things on after using them.
- If disposable items are used in your demonstration, tape a paper bag on the side of the table to be used as a trash bag. Have a bin to place items when done using them.
- Have something available and handy to wipe up spills (as they happen).
- Cover brand labels to avoid advertising a particular product. For example, after covering, rewrite "white glue" on the jar. You may also put ingredients in another container, labeled only for contents.
- Short pauses provide breathers for you and your audience. Pauses should not be so long that audience becomes uncomfortable.
- Avoid repeating phrases in your presentation. Example "Take and Put", "You Know".



- Appearance is important. Be neat. Remember your posture. Avoid swaying.
- If using visuals, be sure to refer to them during the demonstration or talk.
- Try to enlarge small techniques for all to see. Example: For a demonstration on "How to Sew on a Button", cut a large button form out of cardboard. Put in holes and sew on with yarn instead of thread so more than a few can see what you are doing.
- Practice before a mirror, your parents, friends, and club members.
- SMILE!
- Show your interest and enthusiasm in the subject matter as this convinces the audience of your interest and helps them to become more interested.
- Try not to memorize. Rather, talk through your demonstration in conversational tones.
- Keep eye contact with your audience and not with the back wall. Scout out your audience for friendly faces. You'll find them.
- Be yourself - your best self.
- If there is a loud noise, such as a passing train or plane, stop talking until the noise has passed.
- If you are demonstrating with a running motor, speak loudly and project your voice over the motor sound.
- Keep your cool when demonstrating if things go wrong; equipment failures that may happen do not count against you in evaluation.

#### **Things you can talk about during extended work periods:**

- Your other 4-H experiences connected to the demonstration.
- How the Demonstration applies to other fields: if in foods, bring in nutrition tips; if in dog care, discuss vet science related fields.
- Other opinions or techniques related to your demonstration: what family thinks of your recipe.
- Why subject is important and does it have any historical background?
- Alternative methods and why did you choose one way over another. If cooking with ground beef, why did you choose that over ground turkey? Explain differences between them.
- Other 4-H experiences.

#### **TEAM DEMONSTRATIONS**

Two – three people may give a demonstration together, but both should have equal amounts to say and do. While your teammate is demonstrating, be a silent helper. Team members should be about equal in ability and experience. Be careful that your demonstration is integrated together, not two individual demonstrations. Team demonstrations require more practice.

## 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 – 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 (STEMonstration)
18. Science Experiment/Invention Project (with the new Science/Engineering Score Sheet)
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 Cloverbuds, Juniors, Intermediates and Seniors, but these teams will compete at the level of the most advanced participant.

### 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.



# 4-H 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!

- 1-3 participants who take an equal role in planning and exhibiting
- If a product is made, step one to finished product needs to be accomplished in the allotted timeframe. Samples may show different steps.
- Exhibits are set up on tables (provided). Easels are provided, if requested in advance.
- Participants must provide all materials and equipment needed.
- Scoring is done by roving observers during the presentation. Score sheets will be returned so participants will continue to learn and improve their skills.

## 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).

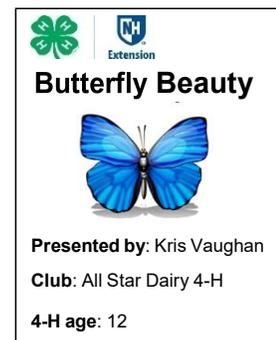
## ORGANIZING YOUR ACTION EXHIBIT:

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

What would be FUN and EDUCATIONAL to show others? Keep in mind that the maximum participants per exhibit are three. Team exhibits may combine Cloverbuds, Juniors, Intermediates and Seniors, but these teams will compete at the level of the most advanced participant.

### 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. Determine the exhibit's goal.**

What is the final outcome -- to teach others something? Show the audience how to do something? Promote something? Will you be working by yourself or with others? What actions will you be doing?

**4. 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.

**5. Organize all materials needed to perform the action exhibit.**

Members should pack all materials needed for the action exhibit. 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!

**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. Electrical safety should also be practiced.

**7. Audience**

Members should be prepared to ask the audience if they have any questions and be ready to answer them. Decide on ways you might involve the audience. Ask questions to capture the audience's attention: "Have you ever tried to make or do this?", "Would you like to try making one of these?" Engage audience in "hands-on" process of your exhibit.

**8. 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.

**9. Easels are available upon request.**

**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.





## **SETTING UP:**

### **Choose a focal point for your exhibit**

- Consider using somewhere other than the middle of the table as the center of your exhibit.
- The viewer's eye should naturally go from the title poster to the most important part.
- If several objects are involved, vary the sizes, shapes, colors and heights.

### **Arrange your exhibit**

- The eye tends to travel left to right. Place large or bright objects on the left side of your display.
- Determine the type of balance that you want to achieve. Symmetrical means both sides are the same. Asymmetrical means one side is "weighted" different than the other side. Circle balance means the display is arranged around a central focal point.
- Decide on an overall color scheme. Choose your colors with care. Cool colors (grays, greens and blues) are often good for backgrounds, promoting a sense of calm and restfulness. Warm colors (red, yellow, and orange) "advance" or draw attention. What is the theme of your exhibit - exciting or restful?
- Organize your work space so your audience can see what you are doing. Avoid clutter.
- Use labels if multiple items are displayed. Lettering should be neat and well spaced. Check spelling and grammar, and erase any pencil guidelines you use.
- Stability of your exhibit is important. Expect that your exhibit will be bumped at some point. Ensure everything is secure and try not to use fragile items.

### **Other Important Considerations**

- Firearms may not be included in 4-H presentations. Please use printed representations in presentations related to firearms.
- Food Safety - If your Action Exhibit involves the preparation and or serving of food, be sure you are following all current food safety guidelines. In fact, you should talk about how you are following safe food preparation practices as part of your exhibit. You wouldn't want to serve food prepared in an unsafe manner to your audience and risk them getting sick. You should refer to Food Safety Checklist for 4-H Demonstrations or Exhibits or check with your 4-H Leader or County 4-H Program Manager if you have questions about safe food handling for your Action Exhibit.
- Be aware of copyright laws. If you are using a recipe from a copyrighted cookbook or directions for a craft from a publication or website, you must cite the source using the appropriate format. [www.library.unh.edu/research-support/citation-styles](http://www.library.unh.edu/research-support/citation-styles)
- If your Action Exhibit requires the use of electricity or something out of the ordinary, always check with your county 4-H Program Manager to make sure you will have what you need.
- Your audience should know you are a 4-H member. You can be creative in how you accomplish this. Use a 4-H tablecloth, display the 4-H flag on your table, wear a 4-H shirt, etc.



## 4-H PHOTOGRAPHY CONTEST

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

### 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, or a matted and framed series of photos.

### PHOTOGRAPHY CATEGORIES

Members may enter photographs in the following categories:

- New Hampshire at its Best
- 4-H at its Best/4-H Promotion
- Open category

Photographs must have been taken after May 20, 2018. Photographs which were previously used at County Activities Day or have been sent to State Activities Day cannot be resubmitted.

#### 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.

Photo series and single photos should be matted and framed.

#### 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.

Each county may send 2 photos from each 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)

**AWARDS:** Top two entries from each age category will receive a medal at State Activities Day. *Top Seniors will receive an additional award: 2 admission passes and 1 parking pass to the Big E, as well as eligibility to purchase a State 4-H jacket.*

### SCORESHEET:

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



# 4-H Photography Contest Form 2019



## 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**

## 4-H POSTER CONTEST

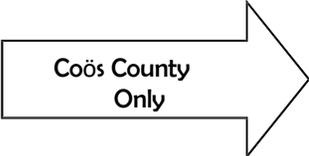
Posters must be dropped off at the Extension Office no later than **Friday, March 1st**.

### WHAT IS A 4-H POSTER?

4-H Posters provide an opportunity for members to share information about 4-H and a wide range of topics. Posters are often used as stand-alone pieces exhibited at fairs and events. They can be useful in recruiting new 4-H members, educating the public, and raising awareness about important subjects. A poster usually suggests action. It tells you to act NOW, unlike charts which usually require a person to explain them. A good poster is self-explanatory. It speaks for itself. Posters should make people STOP, READ and REMEMBER.

#### POSTER THEMES:

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



Coös County  
Only

Other (**COÖS 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. Each county may send 3 posters, from members age 8 or over as of 1/1/19. Participants must be 12 years or older as of 1/1/19 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). All pieces should be securely affixed to the poster, as they will be transported to the State 4-H Office for judging.
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: [http://www.national4hheadquarters.gov/emblem/4h\\_emblems.htm](http://www.national4hheadquarters.gov/emblem/4h_emblems.htm)



- 9. Posters from previous years cannot be re-submitted.
- 10. 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.

### PREPARATION

- Determine what you want to convey to the viewer and conduct research about your topic.
- Sketch potential designs to see how much information will realistically fit and how you want to lay things out before creating the final draft.
- Consider which points you want to highlight and how you will do that—through different text size, color, borders, or something else.
- Consider what visuals or designs will enhance your message and where they should be placed for the best effect.
- Look at the best ways to create your letters and designs—do you have good, legible handwriting? Will you print things from the computer? What about tracing block letters? Try different methods to see what has the best eye-appeal and allows you to get all that you want on your exhibit.

### CONSTRUCTION

- The theme of the poster should be easily identified; 4-H Citizenship, 4-H Healthy Living, 4-H Promotion, or 4-H Science.
- Is the purpose of the poster clear? Does it promote, educate, call to action, etc.?
- Cite content when appropriate. [www.library.unh.edu/research-support/citation-styles](http://www.library.unh.edu/research-support/citation-styles)
- Text should be easy to read from a distance. Size, color, and font choices contribute to easy reading.
- Poster components should be simple, compelling, adequately sized and communicate the message.
- Layout is appealing to the eye, utilizing whitespace to enhance the overall design.
- The end product should not show glue residue, tape, or other work product.
- Color, text, and overall construction principles are used to accent key components of the poster.
- Poster is well constructed/assembled. It will hold up under long periods of display time
- The poster is used to convey interesting information.

### LETTER SIZE FOR OPTIMAL VISIBILITY

The font size chart below is based on using black Helvetica text on a white background and assumes someone with good eyesight in good light. [resources.printheadbook.com/pages/viewing-distance-font-size.php](http://resources.printheadbook.com/pages/viewing-distance-font-size.php)

Viewing Distance	Minimum Text Size
0.6m / 2ft	5pt
1m / 3.3ft	8pt
1.5m / 5ft	13pt
2m / 6.5ft	16pt

# Coös County Poster Contest Form

ATTACH THIS TO BACK OF POSTER



## 2019 4-H Poster Exhibit

4-Her Name: \_\_\_\_\_ Age Jan. 1<sup>st</sup>: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ County: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club Name: \_\_\_\_\_

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 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, 2017  Poster contains one clear message (not a collage)

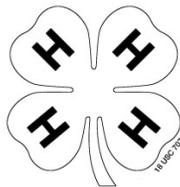
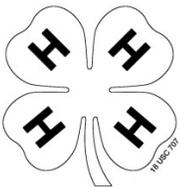
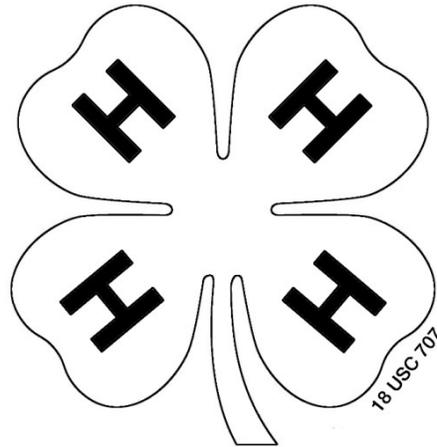
If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile

**Signature of 4-H Member:** \_\_\_\_\_

**ATTACH THIS TO BACK OF POSTER**

*Portions of this document were adapted from the New Mexico State University and Iowa State University 4-H programs.*

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)*

## WHAT IS A FLIX VIDEO?

Flix Videos are 3-5 minutes videos created by an individual, or a team of up to three 4-H'ers. Each county may send up to (3) individual/team entries. Teams can be comprised of up to 3 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 1/1/2019). 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. Entries will be judged on creativity, flow, and technical performance. Submit video 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

- Entries are due to the Extension Office no later than the close of business on Friday, February 23, 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. See 4-H Flix website for informational links. <https://extension.unh.edu/NH-4-H-Flix>
- Photo 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.**

# 4-H PUBLIC SPEAKING

## WHAT IS 4-H PUBLIC SPEAKING?

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). Public speaking benefits are almost too numerous to count, but perhaps the most important one is the confidence that you develop in yourself. Effective public speaking skills will benefit almost every area of your life and contribute to your overall success. They require careful planning and effective delivery with gestures, voice variety, and proper grammar.

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.**

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. Issues of timely concern are encouraged.

## RECOMMENDED LENGTH OF TIME FOR A SPEECH

Consider time limits when preparing your speech, as 1 point is deducted for each minute (or fraction of) under or over the time limit. Intermediates (ages 11-13) have 5- 8 minutes; Seniors (ages 14-18) have 7 – 10 minutes.

There are approximately 150 words in each speaking minute. If you want your speech to last seven minutes, prepare approximately 1,050 words and begin timing your practices. Consider this time schedule as a guide:

- 5-10% Introduction (50-115 words)
- 80% Body (850 words)
- 10-15% Conclusion (115-150 words)

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.



## ORGANIZATION:

### PURPOSE

Each of the four speech types have a different function.

1. Informative speeches provide information and facts on a subject.
2. Persuasive speeches attempt to convince or persuade audience that your opinion is best.
3. Motivational speeches promote a call-to-action.
4. Entertaining speeches amuse the audience, but can also communicate a message.

### TOPIC

Consider the following subject areas when choosing your topic:

- Something you like to do
- Something learned in 4-H or about 4-H
- One single idea or theme
- Something educational
- Timely and seasonal
- Something interesting and worthwhile
- Something you can do in a limited time
- Something of significance to your audience
- A topic you would like to explore more
- A subject suitable to your age and experience.

## CONSTRUCTION Speeches have three main parts:

1. Introduction – *“Tell them what you’re going to tell them.”*
2. This is where you introduce yourself and your topic. If speaking in a competition or other formal setting, this may be done for you. A good introduction is like a handshake; it introduces you in a friendly way. An attention- getter during the introduction captures the listener’s attention, making them want to hear more. The other purpose of the introduction is to inform the audience of your subject. This is where you will state the main points of your speech. Do not expand on them yet; just state them so that the audience knows what your speech is about. The length of the introduction should never exceed the body of the speech.

3. To capture the attention and interest of the audience, you might begin your speech by:

- Challenging them with a question
- Giving startling (non-offensive) statement
- Recounting a personal experience or story
- Referencing a common experience with humor
- Relating statistics pertaining to a cause

2. Body – *“Tell them what you want to tell them.”*

Justify your position on the subject. Be sure all information and statistics are accurate and current. The body of your speech is where you support the main points of your topic. It contains the main content of your information, and is the longest section of the speech. It can be helpful to plan this part of your speech first, then develop the introduction and conclusion. Three to five main points are a good number to use so the audience will not get confused. Try to keep your ideas well defined to make them more memorable.

### 3. Conclusion – “*Tell them what you just told them.*”

Restate and summarize the major highlights of the speech. This is the “final thought” and the last chance to impress the audience. It is the part of your speech that the audience will remember the most. It should summarize the main points made in the body, briefly giving your audience one more chance to hear what you have said. The conclusion may motivate your audience to action, or just round out your thoughts bringing the speech to a smooth ending. Do not expand on your points or provide new information in this section. While experts recommend that you not memorize your entire speech, it is helpful to memorize your introduction and conclusion. This insures you will get off to a good start, even if you are nervous.

Smooth transitions create the perception of a more polished speech. Consider the examples below:

- Further, besides, also, finally, again - *to add a point*
- But, despite, however, on the contrary, yet - *to contrast one point with another*
- Consequently, therefore, accordingly - *to identify a result of an activity*
- Either, both, not only, on the other hand - *to link two alternate points*
- When, then, inasmuch as - *to identify a cause of a major point*
- So this means, to be sure, in reality - *to repeat and emphasize a point*
- Points are, first, the, follow by, next - *to call attention to next point*

## **DELIVERY:**

Delivery is a very important aspect of public speaking. It includes how well you use your voice and nonverbal communication or body actions. You have probably heard it one time or another, “It’s not what you said, but how you said it.” The following qualities contribute to the outcome of your speech.

- Speak slowly and clearly
- Enunciate so you will be heard by all
- Keep hands folded or at sides (unless gesturing purposefully)
- Make good eye contact with the audience
- Maintain good posture
- Sit or stand still (not rocking or shifting)
- Use words everyone understands
- Appear calm and relaxed, but enthusiastic about your topic



*Practice! Practice! Practice!* Do not wait until the last minute to start practicing. You will need plenty of time to get comfortable with your material and work the kinks out. Practice in different environments, how to take questions and field abrasive comments, and dealing with the unexpected.

*Body actions* can convey thoughts and feelings to the audience almost as effectively as words. Use facial expressions and make direct eye contact with your audience. Smile, frown, etc., just as you would in normal conversation. Work toward a natural look when making gestures and movements for emphasis.

*Nervousness* before giving a speech is a natural reaction that most people experience. Contrary to popular belief, nervousness is good for you and your speech—that is, up to a certain point. The challenge is to manage the nervousness so it gives you a performance edge. Your senses will be alert, and you will be able to talk with animation and liveliness. If you are nervous, do not announce it. Once you do, your audience feels obligated to worry about you. Do not give up if you do stumble over words or forget what to say next. Pause just a few seconds and smile naturally to relieve tension before speaking.

### **TIPS:**

- Use your own words as much as possible (vs. a written script) to achieve a conversational tone.
- Simplify ideas and main points so that the audience can understand and remember them.
- Use examples, stories, dialogue, or anything to help your audience visualize what you are telling them.
- Practice your speech aloud and in a physical setting that is similar to your speech-making situation. The more you practice, the better you will perform. If you know just what you are going to say (know it, do not memorize it), you will not need to worry about going blank. Try practicing once a day for two weeks. Practice before a full-length mirror to improve eye contact and poise.
- Try deep breathing for two minutes before your speech.
- Use a relaxed and balanced posture, feet by 10 to 12 inches apart with one foot slightly forward. This is a “home base” posture. It is your starting point for the speech. You do not have to stay planted the entire time, however. You can move around. Move back and forward, going to and from the home base.
- Get “a little bit dressed up”—reflect to your audience that this is an important event for you. Make a special effort to be well groomed. Wear attractive, comfortable clothes and footwear.

### **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.