

# **Grady County 4-H Handbook 2022-2023**

**Color Your  
World with**



18 USC 707

Grady County Cooperative Extension  
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[www.oces.okstate.edu/grady](http://www.oces.okstate.edu/grady)

# Grady County 4-H

## The Vision...

Youth and adults working together for stronger families and communities.

## The Mission...

Grady County 4-H Youth Development Programs actively provide positive opportunities for informal learning experiences that build character and develop life skills.

4-H is the youth development phase of the Oklahoma Cooperative Extension Service.

4-H is “learning by doing”.

4-H is “involvement”. Youth, families, peers and communities actively participate in the learning process.

4-H creates a sense of belonging, involvement and support.

4-H allows members the opportunity to share thoughts and skills with others.

4-H encourages the growth and development of the citizens and leaders of tomorrow.

4-H unlocks doors and challenges minds.

4-H helps young people shine.

## What is 4-H?

**Volunteer leaders, teen leaders, Extension Educators and interested adults assist youth in acquiring knowledge, developing life skills and forming attitudes that will enable them to become self-directed, productive and contributing members of society.**



OSU EXTENSION

**GRADY COUNTY  
4-H YOUTH DEVELOPMENT**

# Grady County Personnel

Extension Educator, 4-H & Youth Development/County Extension Director	Liz Taylor liz.taylor10@okstate.edu
Extension Educator, Agriculture/4-H & Youth Development	Vacant a the time of printing
Extension Educator, FCS/4-H & Youth Development	Riley DuBois riley.dubois@okstate.edu
Extension Secretary	Lori Reed lori.reed@okstate.edu
Program Assistant	Jennifer Moore jennifer.ann.moore@okstate.edu

## Grady County 4-H Officers

<b>Sage Payne</b>	<b>President</b>
<b>Shelby Kelsey</b>	<b>Vice President</b>
<b>Abby Pettijohn</b>	<b>Secretary</b>
<b>Maggie Evans</b>	<b>Reporter</b>
<b>Mesa Payne</b>	<b>Photographer</b>
<b>Charramaiyne Brown</b>	<b>Co-Recreation Leader</b>
<b>Shane Williamson</b>	<b>Co-Recreation Leader</b>

# 2022/2023 4-H Calendar of Events

## Decorated Pumpkin Contest

More details on page: 11

No Pre-Entry Required	Contest Date Wed. Oct. 19 <sup>th</sup>	Extension Office	4:00pm
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## Science & Technology Contest

More details on page: 12 & 13

Thur. Nov. 3 <sup>rd</sup> Still Exhibits due to Office & registration for Speech Contest	Contest Date Thur. Nov. 10 <sup>th</sup> Digital Speech Contest	Extension Office	5:30pm
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## Parent Volunteer Meeting

No Pre-Entry Required	Contest Date Mon. Nov. 7 <sup>th</sup>	Extension Office	5:30pm
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## Speech Contest

More details on page: 13 & 14

Pre-Register Thur. Dec. 1 <sup>st</sup>	Contest Date Thur. Dec. 8 <sup>th</sup>	Alex HS	6:00pm
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## Multi County Share the Fun

More details on page: 15

Pre-Register Thur. Jan. 12 <sup>th</sup>	Contest Date Sat. Jan. 21 <sup>st</sup>	Purcell	9:00am
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## Parent Volunteer Meeting

NONE	Mon. Jan. 23 <sup>rd</sup>	Extension Office	5:30pm
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## District 4-H Has Talent

Winners from the County Share the Fun will eligible to participate

Pre-Register Mon. Jan 23 <sup>rd</sup>	Contest Date Sat. Jan. 28 <sup>th</sup>	Fairview	9:00am
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## State Horse Communication

More details to come

???	Contest Date Sat. Feb. 4 <sup>th</sup>	Stillwater	???
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## Festival of Foods

More details on page: 16

No Pre-Entry Required	Contest Date Tues. Feb. 7 <sup>th</sup>	Am-Po HS	9:00am
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## Cupcake Wars and Fruit & Vegetable Sculpting

More details on page: 17 & 18

Pre-Register Thur. Feb. 2 <sup>nd</sup>	Contest Date Tues. Feb. 7 <sup>th</sup>	Am-Po HS	10:00am
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<b>2022/2023 4-H Calendar of Events</b>			
<b>SW District Livestock Show</b> More details to come			
	Tues. – Sat. Feb. 7 <sup>th</sup> – 12 <sup>th</sup>	Fairgrounds	
<b>West District Speech Contest</b> More details to come			
Pre-Register Fri., Jan. 27 <sup>th</sup>	Contest Date Sat. Feb 11 <sup>th</sup>	Pleasant View Mennonite Church - Hydro	9:00am
<b>West District Parent Volunteer Conference</b> More details to come			
???	Contest Date Sat. Feb. 11 <sup>th</sup>	Pleasant View Mennonite Church - Hydro	1:00pm
<b>Grady County Spring Livestock Show</b> More details to come			
Same as OYE	Mon. – Thurs. Feb. 27 <sup>th</sup> – March 2 <sup>nd</sup>	Fairgrounds	
<b>Duds to Dazzle WORKSHOP</b>			
Pre-Register Thurs. March 2 <sup>nd</sup>	Workshop Date Thursday, March 9 <sup>th</sup>	Extension Office	5:30pm
<b>Oklahoma Youth Expo</b>			
See OYE Website	Wed. – Fri. March 8 <sup>th</sup> – 17 <sup>th</sup>	OKC	
<b>Duds to Dazzle</b> Details on page: 19 - 25			
Pre-Register Thurs. March 16 <sup>th</sup>	Contest Date Thurs. March 23 <sup>rd</sup>	Extension Office	5:30pm
<b>West District Duds to Dazzle</b> More details to come			
Unknown at this time	Sat. April 1 <sup>st</sup>	Clinton Area	Unknown at this time
<b>Parent Volunteer Meeting</b>			
No Pre-Entry Required	Mon. April 3 <sup>rd</sup>	Extension Office	5:30pm
<b>State Record Book—Rough Draft</b> For youth 8 <sup>th</sup> grade & older			
No Pre-Entry Required	Mon. April 3 <sup>rd</sup>	Via Email	



<b>2022/2023 4-H Calendar of Events</b>			
<b>Food Showdown</b> Details on page: 26 & 27			
Pre-Register Thurs. April 6th	Contest Date Thurs. April 13 <sup>th</sup>	Fairgrounds	5:30pm
<b>State Record Book - Final Turn In</b> For youth 8th grade & older			
No Pre-Entry Required	Thurs. April 13 <sup>th</sup>	Via Email	
<b>Poster Contest</b> Details on page: 28 - 33			
No Pre-Entry Required	Contest Date Thurs. May 4 <sup>th</sup>	Extension Office	4:30pm
<b>Fashion Revue, Appropriate Dress &amp; Consumer Buying</b> Details on page: 34 - 36			
Pre-Register Thurs. April 20 <sup>th</sup>	Contest Date Thurs. April 27 <sup>th</sup>	Extension Office	5:30pm
<b>Table Setting Contest</b> Details on page: 37 - 39			
Pre-Register Thurs. May 4 <sup>th</sup>	Contest Date Thurs. May 11 <sup>th</sup>	Extension Office	5:30pm
<b>Medal Forms (page 42 &amp; 43), Excellence Award Forms (page 44 &amp; 45) &amp; County Record Book Form (pages 48 - 73)</b>			
No Pre-Entry Required	Due Date Friday, June 30 <sup>th</sup>	Extension Office	4:30pm
<b>West District South Region Horse Show</b> More details to come			
Unknown at this time	Fri./Sat. June 2 <sup>nd</sup> & 3 <sup>rd</sup>	Duncan	Unknown
<b>West District South Region Discovery Days</b> More details to come			
Unknown at this time	Wed./Thurs. June 28 <sup>th</sup> & 29 <sup>th</sup>	Lawton Fairgrounds	Unknown
<b>Club Books</b> Details on page: 47			
No Pre-Entry Required	Monday, July 31 <sup>st</sup>	Extension Office	4:30pm

**This calendar is not all inclusive, additional activities may be added.**

# Grady County 4-H Clubs

## **Alex 4-H**

Lori Pettijohn  
loripettijohn79@gmail.com

## **Am-Po Jr.**

Jacqueline & Shelby Kelsey  
jacquelinek@blackbearddirectional.com

## **Am-Po Sr.**

Kim Kennedy  
mrskndy@gmail.com

## **Chickasha 4-H**

Cale Walker  
walkercale@gmail.com

## **Grady County Cloverbuds**

Sherrie Evans  
jsscmevans@att.net

## **Horse Club**

Bekah Payne  
jay.bekahpayne@gmail.com

## **Minco**

Betty Jones  
jones@minco.k12.ok.us

## **Rock Island (Chickasha)**

Sherrie Evans  
jsscmevans@att.net

## **Rush Springs**

Rita Wilson  
rjwilson713@gmail.com

## **Archery (Shooting Sports)**

Amanda Brown  
Tuttle4H@yahoo.com

## **Teen Leaders (7th grade & older)**

Liz Taylor  
liz.taylor10@okstate.edu

## **Tuttle**

Tabatha Dunn  
saraspents05@aol.com

## **Verden**

Angie Young  
angiecraigemma@hotmail.com

**Members interested in the Dog Project and Training and Showing Dogs can contact : Corinne Shanks— gckennel@aol.com**

# CLOVERBUDS

Cloverbuds is a non competitive program for youth 5 to 8 years old who are not eligible for the 4-H program.

Grady County Cloverbuds meet at the Grady County Extension Office at 5:30pm on the 3rd Monday of the month (unless stated otherwise) This group is led by Sherrie Evans her email address is: [jsscmevans@att.net](mailto:jsscmevans@att.net)



Grady County 4-H Teen Leaders are an active group for youth 7th through 12th Grade. Members gain leadership skills through community service, teaching others and running county 4-H events.

Grady County Teen Leaders meet the 3rd Thursday of each month (August through May) at 6:00pm at the Grady County Extension Office.

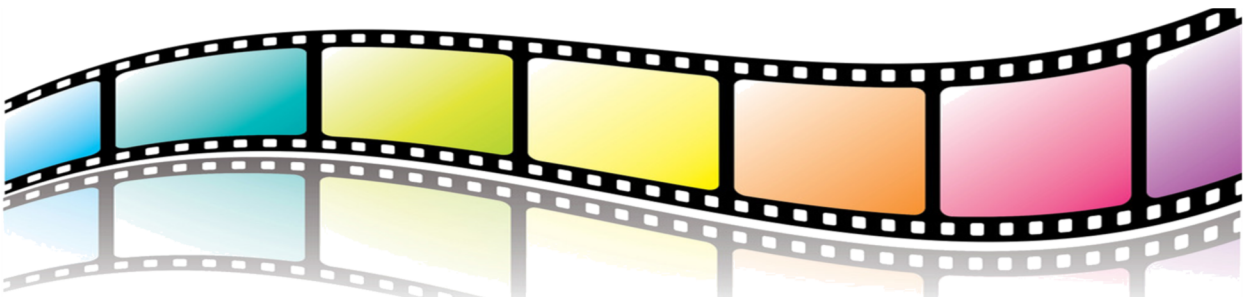


## Grady County Fundraiser

To provide awards, ribbons and trophies for 4-H contests and events, the Grady County 4-H program has an annual fundraiser.

We have several forms of fundraising like participating in the Paper Clovers Campaign at Tractor Supply, picking up pecans, selling home grown garden produce, the Silent Auction at the Achievement Banquet.

Additional fundraisers may be needed to ensure the financial security of the 4-H program. Your local leader and newsletter will keep you updated on fundraising efforts. All 4-H families are asked to participate if additional fundraisers are



### Photography Contest

**General Description:** Photography is one of the easiest and most enjoyable 4-H projects. It helps serve as a record of 4-H events and builds memories for 4-H members and families.

**Ages:** Cloverbuds (ages 5-8)  
Junior (grades 3rd, 4th & 5th),  
Intermediate (grades 6th, 7th & 8th)  
Senior (Grades 9th, 10th, 11th & 12th)

**Rules:** The photography contest is a year round contest. A theme for photos is announced the first day of the mini contest period. Photos must be submitted via email to [liz.taylor10@okstate.edu](mailto:liz.taylor10@okstate.edu) by the due date. 70% of the photo score is from judging by a panel of qualified judges, the other 30% is based on the number of "Likes" the photo receives from being posted on the Grady County Extension Facebook site.

Here are the projected dates for photo theme release and due dates.

<u>MONTHS</u>	<u>THEME ANNOUNCEMENT</u>	<u>PHOTO DUE DATE</u>
Nov/Dec	Tuesday, November 1st	Saturday, December 31st
Jan/Feb	Wednesday, January 3rd	Tuesday, February 28th
March/April	Monday, March 6th	Sunday, April 30th
May/June	Monday, May 1st	Friday, June 30th

**Awards:** 1st, 2nd and 3rd place ribbons will be awarded in each age category. At the end of the year and overall winner in each age category will be determined by placing and participation in the year round contest.



The 4-H Record Book is one way for youth to receive recognition for the project work they have completed. For older 4-H members, it is the **ONLY** way to receive 4-H Scholarships.

### **County Record Books & Excellence Award forms are due to the Extension Office Friday, June 30th.**

This year Grady County 4-H is piloting a new county record book form. It is intended to be completed on a monthly basis. 4-H Medal Form (pages 42 & 43), Excellence Awards forms (page 44& 45) are designed to be completed before the due date. Medal Forms are due to your club leader by their established date.

## **County Record Book Form - Pages 48-73**

### **Monthly Reporting Form includes:**

- ◆ Monthly meeting and the Educational Program presented
- ◆ Participation in 4-H Events & Activities
- ◆ Tours and workshops attended
- ◆ Leadership Activities
- ◆ Citizenship Activities
- ◆ What I learned
- ◆ Activities in other organizations

Members will be asked to complete a monthly reporting form for each month. Then add Photos & a 4-H Story to their reporting forms. Please do not use page protectors.

**Story:** The 4-H story can but up to 4 pages longs (double spaced if type written) While the report form may include numbers of people reached, hours spent or money spent, the 4-H story tells more about the quality of our 4-H experience. It may tell us that a member was scared to give their 1st 4-H speech but once they did it, it wasn't so scary. It may be that they learned that they like cabbage because they cooked with them at the Food Showdown.

**Photos:** 4-H members can add up to 6 pages of photos. Up to 5 photos per page. These photos should be action type photos (4-H members doing things) not just posed with friend or accepting awards. A short caption should be added to each photo to ensure the reader understands what is happening in the photo.

### **Putting the Record Book Together:** Here is the order for the County Record Book:

- Cover Page
- Monthly Reporting Form (up to 12 months)
- Story (up to 4 pages) - Can be typed or hand written
- Photos (up to 6 pages)

Put these items in a 3 ring binder, put the 4-H member's name and grade on the front. The next year you will do the same steps next year and just put it in the same notebook, on top of the previous year.

## Pumpkin Decorating Contest

**General Description:** First offered in 2015, the Pumpkin Decorating Contest is more than just fun for youth to decorate a pumpkin but it is also an excellent community service project because all the pumpkins will be taken to a local nursing home for residents to enjoy.

**Ages:** Cloverbuds (ages 5-8)  
Junior (grades 3rd, 4th & 5th),  
Intermediate (grades 6th, 7th & 8th)  
Senior (Grades 9th, 10th, 11th & 12th)

**Categories:** Small Pumpkin (no larger than 6 inches in diameter) & Large Pumpkin (bigger than 6 inches in diameter)

**Rules:** Members submit no more than 1 decorated pumpkin for competition. (they can bring more than one to donate) Only decorated pumpkins are allowed (no carved pumpkins) Pumpkins need have the student's name & grade on a paper or tag attached.

**Awards:** 1st, 2nd and 3rd place ribbons will be awarded in each age category

Pumpkins will be judged on neatness, creativity and originality. 1st, 2nd and 3rd place winners will receive ribbons and may be invited to the Achievement Banquet.

# Famous Oklahoma 4-H'er

**Reba McEntire**  
**Pittsburg Co. 4-H Alumni**



# Science & Technology Contest

**General Description:** The Science & Technology contest is help 4-H members explore the 4-H Science and Technology program.

**Flat flyer (one-sided) designed by the exhibitor to promote a club or county 4-H educational program or activity.** Computer generated flat flyer (8 ½" x 14" or 8 ½" x 11"). Flat flyers should be securely attached to an appropriately sized poster board.

Juniors (3rd –7th Grade)  
Seniors (8th - 12th Grade)

**Brochure, card or invitation related to 4-H** (may be double-, tri-, or four-fold measuring 8 ½" x 11" or 8 ½" x 14 before folding.) Attach two (2) flat copies of the brochure (one side showing the front and the other side showing the back of the brochure) to an appropriately sized poster board no larger than 14" x 22" – ½ of a poster board. Attach a large envelope to the back of the poster board and insert a folded copy of the brochure.

Juniors (3rd –7th Grade)  
Seniors (8th - 12th Grade)

**PowerPoint Presentation related to 4-H** (Can be PowerPoint, Google slides or any other presentation program.) Presentation should either promote 4-H or educate about a 4-H project. Presentations should include an official 4-H Clover or mention 4-H. Presentation entry includes a printout of at least five (5) slides and script/presentation notes in a folder or notebook. All PowerPoint presentations should be mounted on a free standing display board not to exceed 3' x 3' when the sides are extended for display. Commercially available "Science Fair Presentation boards" are encouraged. First place exhibits in each class will be displayed. Second place and sub-sequential exhibits may be displayed based upon space available and judges'/committees' discretion.

Juniors (3rd –7th Grade)  
Seniors (8th - 12th Grade)

**Digital Media for a group or club project** - Submit a video (maximum of 3 minutes) designed for social media use on STEM projects. The video must be in an .MP4 format and submitted on a flash drive. Video may only contain first names of the participants and participants must have a signed media release form on file in their county 4-H office (found on the 4-H enrollment card).

Group Media

**STEM Career Poster** 4-H members should research careers in STEM before developing their poster exhibit. Posters should highlight the variety of STEM related careers and follow the Technology Exhibi poster guidelines and criteria.

Junior Poster (grades 3-7)- Draw a Scientist  
Senior Poster (grades 8-12)- Careers in STEM

## **Global Positioning Systems (GPS)/Geographic Information Systems (GIS) Exhibits**

4-H Youth will learn about Geographic Information Systems (GIS) concepts by collecting data on a location, describing the attributes.

Youth will learn about geospatial technology applications and future career opportunities by working with local government agencies and project partners in their own communities.

Increased youth involvement in community service and awareness projects that impact local communities by enhancing economic and community development.

The 4-H GPS/GIS exhibits will be judged in two (2) grade groups. Juniors, grades 3-7; Seniors – grades 8 -12.

Every exhibit must be labeled on the back with the following information: Name, Club, County, Grade and date poster, map or exhibit was made.

Posters/Maps must be 14" x 22" – ½ of a poster board. Exhibitors are encouraged to laminate all posters or cover them with clear plastic film. Maps may be affixed to poster board. The map itself doesn't have to be the full 14" x 22".

Displays must be free standing and not be larger than 3' x 3' (width x depth) with sides extended for display.

**Display illustrating how GPS works**, including the user, control and space segments of the system.

Juniors (3rd –7th Grade)

# Science & Technology Contest—Continued

## Display illustrating how GPS has been used to improve society

Seniors (8th - 12th Grade)

**Geocache box.** Exhibit would include geocache box with contents, description & photograph of the location in which the box will be located. (Check Geocaching.com for instructions on placing and describing)

Juniors (3rd –7th Grade)

Seniors (8th - 12th Grade)

**Hand drawn map.** Map can either be informational or directional. Attach a one (1) page explanation of the purpose for the map.

Juniors (3rd –7th Grade)

Seniors (8th - 12th Grade)

**Computer generated map.** Map can be either informational or directional. Attach a one (1) page explanation of the purpose for the map.

Juniors (3rd –7th Grade)

Seniors (8th - 12th Grade)

## Speech Contest

**General Description:** The purpose of the Public Speaking Contest is to promote a greater interest in public speaking and to allow 4-H members the opportunity to develop and polish their public speaking skills. This provides the opportunity for members to present the speech prior to District contest. The guidelines have been adapted from the District and State Guidelines.

**Divisions:** Speech, Illustrated Presentation Individuals, Illustrated Presentations Teams, PowerPoint

**Ages:** Cloverbuds (ages 5-8)

Beginner (grades 3rd, 4th & 5th)

Intermediate (grades 6th, 7th & 8th)

Advanced (grades 9th, 10th, 11th & 12th)

Teams consists of two 4-H members and are only allowed in the Illustrated Presentation category, teams will compete in the age category of the oldest team member. Cloverbuds can only compete as a team with another Clover bud.

### General Guidelines:

- ◆ All entries must be pre-registered by the registration due date.
- ◆ A 5 Point Penalty will be imposed for each full minute over or under the time limit.
- ◆ A 5 Point Penalty will be imposed for the use of notes or speech during the presentation.
- ◆ Participants are encouraged not to use material they have used previously for the county contest.
- ◆ Participants can enter up to 2 events

### Speech Guidelines:

- ◆ Props and other medium must not be used in speeches.
- ◆ Presentation Length: Beginners: 3-5 minutes; Intermediate: 5-7 minutes; Advanced: 5-7 minutes

### Illustrated Presentation (individual & team) Guidelines:

- ◆ Illustrated presentations include demonstrations and illustrated talks. Props/posters must be used to qualify for this event.
- ◆ Presentation Length: Beginners: 3-10 minutes; Intermediates & Advanced 5-12 minutes
- ◆ Easels will be provided. Members should bring all other equipment they need for their presentation including extension cords and pointers.

## Speech Contest—Continued

### Digital Presentation Guidelines:

- ◆ Presentation must be on a memory stick or CD. No Zip™ disk or zipped files should be used as it may not be compatible with equipment.
- ◆ Participants should bring a copy of their presentations as a handout with six slides per page. These handouts will be for the contest judge's benefit ( in case of equipment compatibility problems).
- ◆ All Presentation should be 5-7 minutes in length.
- ◆ Participants will be expected to load and run their own disk.
- ◆ A Computer with PowerPoint installed and projector will be provided.
- ◆ Digital presentations may not be entered in other categories.
- ◆ Participants can use any digital format they choose (Google Slide, Presi, etc.) Participants should be prepared to present on the equipment provided and should not rely on internet access being available.



**Glossophobia, is the fear of Public Speaking. It is estimated that 75% of adults have glossophobia.**

**Just three hours after a presentation, 85% of the audience can remember content presented visually vs. 70% who can retain verbal content. But after three days, 60% can still remember the visual content, whereas only 10% can remember something from the oral presentation.**

**William Henry Harrison is credited for giving the longest speech at an inaugural ceremony. The speech comprising of 8445 words exposed him to cold and wet, killing him a month later through pneumonia. George Washington, on the other hand didn't stress his vocal chords giving an inaugural speech just 135 words long.**



## Multi-County 4-H Share the Fun

**General Description:** Share the Fun is a talent sharing activity held annually. This a chance for 4-H'ers to show off a talent, skill or funny act. It also promotes teamwork and fellowship within 4-H clubs and across county lines.

**Classes:** Individual, Small Group, Large Group

**Category:** Dance, Instrumental, Theater & Vocal

**Ages:** Cloverbuds (ages 5-8)  
Junior (Grades 3rd—7th grade)  
Senior (8th-12th grade)

**Rules:** Each act is limited to 6 minutes on stage, 10 minutes total time.

No live animals or hay allowed in the auditorium

Junior members can compete in a senior group but seniors can't compete in a junior group.

Clubs can have up to four acts in each age division, excluding Cloverbuds.

A 4-H'er can participate in no more than 2 acts

All acts/music/lyrics must be appropriate for 4-H youth audiences.

Individual Act is one person; Small Group Act is 2 to 5 members; Large Group Act is 6 or more members

Acts must not include:

**Inappropriate or suggestive lyrics**

**Inappropriate or suggestive gestures**

**Dress or costumes that are suggestive or provocative**

**Topics that may offend diverse audiences or other groups**

**Topics that glamorize alcohol, drugs, violence or other illegal or immoral behavior**

**Awards:** The Champion in each Class, Category & Age Division will be awarded. Members of winning group act may not be invited to the 4-H Achievement Banquet.

**Rules & Categories may vary at the District Contest.**

### 4-H'ers are...



**more likely to  
give back to their  
communities**



**more likely to  
make healthier  
choices**



**more likely to  
participate in  
STEM activities**

# Festival of Food

**General Description:** The Festival of Foods is designed to promote 4-H'er to learn how to prepare foods and share their knowledge of foods and proper etiquette for meals.

## Food Preparation Classes:

### Cloverbuds - 5 to 8 year old

- |   |                     |
|---|---------------------|
| 1. Bread - any recipe using refrigerator biscuits | 2. Muffins (3)      |
| 3. Cupcakes (3)                                   | 4. Drop Cookies (3) |
| 5. Brown Bag Lunch - See Description Below        |                     |

Juniors (3rd, 4th & 5th Grade)

Intermediates (6th, 7th & 8th Grade)

Seniors (9th - 12th Grade)

### Quick Breads

- |                                 |                          |
|---------------------------------|--------------------------|
| 1. Half Loaf of any Quick Bread | 2. Muffins (3)           |
| 3. Rolled Biscuits (3)          | 4. Corn Bread (3 Pieces) |

### Yeast Bread

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Half Loaf White Bread      | 2. Dinner Rolls (3)              |
| 3. Cinnamon Rolls Un-Iced (3) | 4. Tea Ring or other sweet rolls |

### Cookies

- |                     |                       |
|---------------------|-----------------------|
| 1. Drop Cookies (3) | 2. Rolled Cookies (3) |
| 3. Brownies (3)     | 4. Bar Cookies (3)    |

### Cakes

- |  |  |
|--|--|
| 1. Shortening Cake                       | 2. Other (Example: Angel Food, Sponge) |
| 3. Creative Cake (using a mix as a base) |  |

### Decorated Cakes

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1. Decorated with Frosting & tips | 2. Decorated w/ fondant |
| 3. Cut up cakes                   |                         |

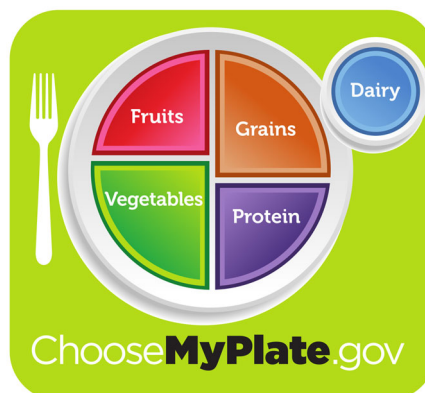
### Pies (no custard or pies that require refrigeration)

- |                |           |
|----------------|-----------|
| 1. Apple       | 2. Cherry |
| 3. Other Fruit |           |

### Brown Bag Lunch (See description below)

### Brown Bag Lunch Description:

Lunch should be in an appropriate container. Meal should include foods from the majority of food group on My Plate (protein, dairy, grains, fruits & vegetables). Refrigerated items can be included if you provide a way to keep the meal cool.



## Festival of Food—continued



### Cupcake Wars

**Age Divisions:** Cloverbuds (5 to 8 years old)  
Juniors (3rd, 4th & 5th Grade)  
Intermediates (6th, 7th & 8th Grade)  
Seniors (9th - 12th Grade)

#### CONTEST RULES

- Teams will consist of 2 or 3 members. Ideally the members would be from the same age division as listed above. Mixed age teams will compete in the division of the oldest member of the team
- Mixed age teams are usually not allowed at the district and state contests and if a mixed team wins the county contest they will not be able to represent Grady County. If this is the case, the 2nd place team will move up to represent the county.
- Each team will display three cupcakes for judging.
- Each team will bring “naked” cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.
- Teams must provide their own equipment and supplies.
- Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.
- Teams will bring the frosting in bowls. The frosting should not be tinted prior to contest. Teams will tint and place in frosting bags, if needed at the contest. Frosting can be either store bought or homemade. If store bought, can be either white or chocolate frosting.
- If teams are using fondant they can use either homemade or purchased fondant. Exhibitors are allowed to purchase tinted (colored) fondant to use or may tint fondant off site.
- Exhibitors are allowed to use purchased edible decorating items. Only edible items can be used on the cupcakes.
- Judging will give more credit to items constructed during contest.
- An orientation will be provided for all participants.  
Teams will have 30 minutes to decorate their cupcakes and clean up the preparation area.
- Food safety: Exhibitors should practice proper food safety and be prepared to discuss food safety practice used by their exhibitor in their presentation to the judges. Judges will observe preparation to assist in determining the score.
- Presentation: When time is called, each team will present their Cupcakes. Teams are allowed to bring their presentation scripts with them. All team members must speak during the presentation portion of the contest. The presentation should be up to 4 minutes long and include the following:
  - Introduction
  - Creative dish name
  - Two Major Ingredients and One major nutrient
  - Food preparation principles
  - Food Safety
- Clean-up: Exhibitors work area must be clean by the end of the 30 minutes. No washing of equipment will be allowed during the contest.
- Placings will be based on rankings of exhibitors by judges. Judges’ decisions are final. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings will be awarded.

## Festival of Food—continued

# Fruit & Vegetable Sculpting

**Age Divisions:** Juniors (3rd, 4th & 5th Grade)  
Intermediates (6th, 7th & 8th Grade)  
Seniors (9th - 12th Grade)



### CONTEST RULES

- Cloverbuds will NOT be allowed to participate in this contest.
- Teams will consist of 2 or 3 members. Ideally the members would be from the same age division as listed above. Mixed age teams will compete in the division of the oldest member of the team
- Mixed age teams are usually not allowed at the district and state contests and if a mixed team wins the county contest they will not be able to represent Grady County. If this is the case, the 2nd place team will move up to represent the county.
- All fruits and vegetables used in the arrangement or display must be edible.
- Teams will be allowed to use toothpicks and other non-edible items to hold their arrangement together.
- NO work (cutting, slicing, scoring etc.) can be done before the contest starts. No pre-cut fruits or vegetables can be used. All work must be done during the contest.
- Teams must provide their own equipment and supplies. Electricity will not be available, all carving must be done by hand. No washing facilities will be available, so teams should not plan on sharing equipment.
- Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.
- An orientation will be provided for all participants.  
Teams will have 30 minutes to create their arrangement and clean up their area.
- Food safety: Exhibitors should practice proper food safety and be prepared to discuss food safety practice used by their exhibitor in their presentation to the judges. Judges will observe preparation to assist in determining the score.
- Presentation: When time is called, each team will present their arrangements. Teams are allowed to bring their presentation scripts with them. All team members must speak during the presentation portion of the contest. The presentation should be up to 4 minutes long and include the following:
  - Introduction
  - Creative dish name
  - Two Major Ingredients and One major nutrient
  - Food preparation principles
  - Food Safety
- Clean-up: Exhibitors work area must be clean by the end of the 30 minutes.
- Placings will be based on rankings of exhibitors by judges. Judges' decisions are final. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings will be awarded.



**Age Divisions:**

Juniors (3rd, 4th & 5th Grade)

Intermediates (6th, 7th & 8th Grade)

Seniors (9th - 12th Grade)

**OBJECTIVES**

- Allow participants to exhibit knowledge and skills gained through their 4-H Fashion & Interior Design project by designing, constructing, and presenting a finished product.
- Allow participants learning opportunities.
- Promote teamwork.
- Help 4-H'ers gain experience in public speaking.
- Provide leadership opportunities for young people.
- Assist youth in gaining an appreciation for recycling textiles so that they do not end up in the waste stream

**PARTICIPANT RULES**

- Each team will have a maximum of three members per team. Junior/intermediate teams may include members in different age divisions. Teams will compete in the division of the oldest member. Senior teams must all be from the same age divisions.
- Entry fee of \$15.00 will be required of each team.
- Design categories. There will be three categories in each age division: Wearable, Accessory/Jewelry, and Non-wearable. Teams will be randomly assigned to a category, but assignments will not be announced until check-in on the day of contest.
  - a. Wearable is clothing that is suitable to be worn by people or pets. Ex: shirt, coat, vest, dress, costume, leggings, swimsuit cover, etc.
  - b. Accessory/Jewelry is an article or set of articles that can be added to an outfit to make it more useful, versatile, or attractive. Ex: apron, earrings, purse, headband, hat, belt, necklace, etc.
  - c. Non-wearable is an item that is not suitable to be worn. Ex: pillow, towel, jewelry pouch, cellphone or iPad case, stuffed animal, doll clothes, Christmas stocking, etc.
- Attire. Each team will have the option to wear coordinating clothing appropriate for construction and the team presentation. A team name is acceptable.

## Duds to Dazzle Continued

### PARTICIPANT RULES

- Resource materials. A Planning and Presentation Worksheet will be provided for each team at the contest. No other resource materials will be allowed.
- The following resources are available at: [Duds to Dazzle \(tamu.edu\)](http://Duds%20to%20Dazzle.tamu.edu) for teams to use in preparation for competition: Unraveling the Mystery of Design Elements and Principles in Clothing, Laundry on Your Own, Hand Stitching, Pricing Tips and Tricks, Safety Guide, and Simple Seaming Techniques.
- Sewing kit. Each team must supply their own equipment for the competition. A team can choose not to include a listed item, but no additional item can be added. Kits will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated, and the team may be disqualified.

### RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches or other communication devices.
4. Each team will be directed to a construction station. There will be collections of materials at each station, but no pattern. The materials following categories: Wearable, Accessory/Jewelry, or Non-wearable.
5. Each team will have 60 minutes to construct an item, plan a presentation, and clean up the construction area.
6. A textile, worksheet, and any necessary additional instructions will be located at each station to assist the team.
7. Only participants and contest officials will be allowed in construction areas.
8. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, volunteers, County Extension Agents, or contest officials. Instead, team 3 members must work together and be creative in completing construction without the malfunctioning equipment.
9. Each team will be provided with a startup textile item(s) for their assigned category and will create a garment/item using them. Each category may be provided the same textile, or each category may receive a separate original item. Clarification: at contest, all teams competing in Wearable may receive a men's button-down dress shirt; each team competing in Accessory/Jewelry get 5 silk neck ties; and the teams entered in the Non-wearable category are given table runners or every team competing in Duds to Dazzle is provided with an adult-sized t-shirt to refurbish. The choice is at the discretion of the contest officials.





## Duds to Dazzle Continued

### RULES OF PLAY

10. Teams are challenged with being creative in developing an original product with the materials provided.
  - a. Teams must incorporate each material into the product. However, teams may determine the exact amount of each material to use, keeping in mind that a minimum of 50% of the visible final product must include the initial material(s). Clarification: if the category is Accessory/Jewelry, and the team is provided a cloth shower curtain as the original item to be refurbished, they do not have to use 50% of the shower curtain. If you choose to make a purse from the shower curtain, you do not need to use 50% of the shower curtain; however, a minimum of 50% of the visible finished purse must be comprised of the curtain. The lining of the purse that can be opened is considered visible. If the shower curtain is used as stabilizer between layers of fabric would not be visible.
  - b. Teams will have access to a “closet” of additional materials that may be incorporated into their products. The number of additional materials a team may get will be determined by contest officials and announced during participant orientation.
  - c. The sketch book, note cards, and worksheet may be used to prepare for construction of the item and the team’s presentation. Teams should be exact on materials utilized, construction steps, techniques used, etc.
11. When time is called, each team will present their item, according to the criteria on the score card, to a panel of at least two judges. A team can display the final product to the judges as they choose: model, hold, or place on the table.
  - A. All team members must participate in the presentation, with at least three of them having a speaking role.
  - B. Judging time will include:
    - 1) 5 minutes for the presentation
    - 2) 3 minutes for judges’ questions
    - 3) 4 minutes between team presentations for judges to score and write comments.
  - C. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
  - D. Judges may ask teams questions that are not directly related to the item constructed during the contest. Questions may address the general knowledge gained through the 4-H members’ Fashion & Interior Design project learning experiences.
  - E. No talking or writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
12. Teams must clean their construction areas. Clean-up time is included in the 60-minute construction allotment. Only “hot” items will be allowed to remain in the construction area, such as an iron or glue gun.
13. Placing will be based on ranking of teams by judges. Judges’ results are final.
14. An awards program will be held after the judging process

### **Duds to Dazzle Sewing Kit**

Each team will bring a sewing kit containing only one each of the following items, unless a different quantity is noted. A team can choose not to include a listed item, but no additional item can be added. A team may organize their kit by utilizing a storage container of choice. Sewing machines may be available from the county office on a first come, first serve basis.


1" Foam Paint Brush (Max. of 3)	1" Hook & Eye Closure
3x5 or 4x6 not cards (1 package)	3 in 1 Beading Tool
Bobbins	Calculator
Clear Gridded Ruler	E-6000 Glue Adhesive
Elastic (1/2" and 1" package of each)	Extension Cord
Fabric Markers (Box of 10 or less)	Fabric marking pens/pencils (Max of 2)
Water bottle (Max. of 16 oz.)	First Aid Kit
Storage Bags—gallon/quart 1 box	Hand sewing needles (assortment)
Hot glue gun and glue sticks	Iron
Manual Pencil Sharpener	Mod Podge (Max of 16oz.)
No Sew Adhesive Tape (Max. of 10 yards)	Paper Plates (Max of 25)
Paper Towels (1 Roll)	Pencils/Pens (Max of 5)
Pin Cushion	Power Strip
Presser Feet (Max of 5)	Rotary Cutter (w/blade cover)
Rotary Cutter Gloves (1 pair)	Safety Pins (1 pkg. assortment)
Seam Gauge	Seam Ripper (max of 5)
Self Adhesive Velcro Fastener (1 package)	Self Healing Cutting Mat
Sewing Machine (standard, no sergers)	Sewing Machine Manual
Sewing Machine Needles (variety)	Sew-on Velcro Fasteners ( 1 package)
Shears/Scissors (Max of 5)	Sketchbook
Straight Pins (1 package)	Tabletop Ironing Mat or Board
Tape Measure (Max of 5.)	Thimble (Max. of 5)
Thread ( Max of 12 Spools)	Timer or stopwatch
Trash Bags (1 box of 13 gallons)	

## DUDS TO DAZZLE FASHION & INTERIOR DESIGN COMPETITION SCORECARD

Team Members:	County:	Category:	Age Division:
Criteria	Comments	Score	
1. Team Preparation – to be judged during the preparation portion of the contest.			
<b>Preparation:</b> Team members display a rational process for creating their final product. Tasks are completed resourcefully and in a logical order.		(10)	
<b>Safety Precautions:</b> Team members exhibit knowledge of how to use tools in the kit safely in the development of the constructed item.		(10)	
<b>Teamwork:</b> Cooperation, effectiveness, communication of team members, and efficient use of time including cleaning of workspace.		(10)	
<b>Use of Materials:</b> Minimum of 50% of the final product made from the start up item or items must be visible. Utilization of the sewing closet. Innovative use of supplies.		(10)	
<b>Construction:</b> Appropriate technics used during construction. Materials and steps included.		(10)	
2. Team Presentation – to be judged during the presentation and question/answer portion of the contest.			
<b>Intended Audience:</b> Knowledge of the target audience for final product. Identify where the item would be sold.		(10)	
<b>Pricing:</b> Estimate retail price of the constructed item. Understanding of how the price is created.		(10)	
<b>Fiber Characteristics and Care:</b> Understanding of fiber characteristics and general care of the textile used in the constructed item.		(10)	
<b>Overall Appearance:</b> Level of skill performed, techniques utilized, enhancements made, design principles used, etc. Product fits assigned category.		(10)	
<b>Presentation Skills:</b> Overall effectiveness of communication skills (voice, poise, articulation), number of members presenting, etc.		(10)	
Additional comments:		Total Score	
		Judge's Initial	

## Duds to Dazzle - Planning & Presentation Worksheet

**Project Description** (Sketch or describe what your finished product will look like):



**Construction** ( know the materials used & steps in the construction of the item):

Materials:



Steps:



**Knowledge of general care of the textile used in the construction of the item** (know what fiber is in the textile and how to clean it)

Fiber(s):

Care Instructions:

**Intended Purchaser and Purchase Locations** (who is the intended audience , and where they would buy the item):

Purchaser:

Purchase Location:

**Estimated Sell Price** (What would the retail cost be for the item; explain):

**Team Member Roles** (list each team member & their tasks/responsibility):

## Food Showdown

**General Description:** This contest is modeled after such competitions as “Iron Chef” and challenges teams of 4-H members to create a dish from predetermined ingredients and a common pantry. Team members must use their food and nutrition knowledge, creativity and leadership skills to prepare the dish and make a presentation to the judges.

**Ages:** Junior (3rd, 4th & 5th Grade)

Intermediate (6th, 7th & 8th Grade)

Senior (9th - 12th Grade)

### General Guidelines:

- Cloverbuds are not eligible for this contest.
- Teams will consist of 2 to 3 members. They must be from the same age division.
- A \$20.00 entry fee per team, covers the cost of the secret food and pantry supplies.
- All team members will be assigned the same category and given the same ingredients. Category, secret ingredients and the clue will not be announced until the start of the category. There will be four possible food categories:
  - A. Main Dish
  - B. Fruits and Vegetables
  - C. Breads and Cereals
  - D. Nutritious Snacks
- Attire – participants should wear the following:
  - A. Clean aprons, lab coats or chef’s coats
  - B. Closed Toe Shoes
  - C. Long pants
  - D. Hair coverings (caps, bandanas, skull caps, hair nets) are required and long hair must be tied back.
- Resource materials provided for each team at the contest include:
  - A. MyPlate for Kids
  - B. Fight Bac
  - C. Cooking Food Safely is a Matter of Degrees, Nutrient Needs at a Glance
  - D. Altering recipes for Good Health
  - E. Kitchen Safety
  - F. 4-H Food Showdown Worksheet
  - G. Copies of grocery receiptsNo other resource materials will be allowed. Cell phones or other electronic devices will not be permitted in the contest area. Teams may not use their personal copies of the resources during the contest
- Supply Box - Teams must provide their own Supply Box. Teams don’t have to have all of the supplies listed in their supply box , however if you need assistance in finding all the equipment, please contact Liz Taylor.—See the Equipment Box list on the next page.
- Judges reserve the right to disqualify teams practicing dangerous use of the equipment.

**Complete Guidelines will be published when district and state guidelines are established**



## Food Showdown - Equipment Box

Teams must provide their own equipment box. The box can contain ONLY the items on this list:

Aprons (3)	Measuring cups, dry (1 set)
Baking Sheet (1)	Measuring spoons (1 set)
Bowl, small (1)	Mixing Bowls (2)
Calculator (1)	Non-Stick cooking spray (1)
Can Opener (1)	Note cards (4x6)
Colander, medium (1)	Pancake turner (1)
Cutting boards/mats (2)	Paper towels (1 roll)
Disposable tasting spoons	Pencil (1)
Extension Cord (1)	Plastic tub for dirty dishes (1)
Food Thermometer (1)	Rolling Pin (1)
Fork (1)	Rubber Spatula (1)
Garlic press (1)	Sanitizing wipes
Gloves Disposable	Sauce pan w/lid (1)
Grater (1)	Serving bowl, medium (1)
Hand Sanitizer (1)	Serving Platter (1)
Hot pads (2)	Serving Utensil (1)
Kitchen Shears (1)	Skillet (1)
Kitchen Timer (1)	Stirring Spoon (1)
Kitchen Towels & Wash Clothes (2 of Each)	Stock Pot (1)
Knives (3)	Storage bags or containers
Measuring cup, liquid (1)	Tongs (1)
	Vegetable Peeler (1)
	Whisk (1)

**Heat Source** (can use one of the following)

Two single-burner hot plates

One double-burner hot plate

One 12" electric skillet

## Poster Contest

**General Description:** The Grady County Poster Contest gives 4-H'ers a hands on experience by making posters dealing directly with their project areas. Posters divisions comply with the Oklahoma State Fair Guidelines of the previous year. This contest provides feedback to 4-H'ers & allows them to make changes for the Grady County Fair.

### Awards:

1st, 2nd, 3rd will be awarded in each class with a Grand Champion selected from each category. Cloverbuds can enter any category they like, they will receive ribbons and be critiqued, but will not be placed.

### Rules:

- ◆ Exhibitor must be a 4-H member or Cloverbud in Grady County.
- ◆ Exhibitor may have one entry in each category.
- ◆ The 4-H members name, signature, grade and class name and number (**Example: Communication Arts - Theme Poster**) should be on the back of the poster in the upper left hand corner.
- ◆ Posters without the correct labeling on the back will be entered in the Miscellaneous Class.
- ◆ Posters must be constructed on poster board 14" x 22" (1/2 of a poster board). They may be horizontal or vertical.
- ◆ Posters may be produced by any medium-water color, ink, crayon, acrylic, collage, computer etc.
- ◆ Posters must be flat. Do not use three-dimensional pieces on posters.
- ◆ Posters should be readable from at least 10 feet away.
- ◆ Educational exhibits must fit 3' x 3' (width x depth) space, with sides extended. Exhibits should be free standing with sides attached.
- ◆ Posters in Communication Arts and Educational Display MUST include the 4-H Clover. Posters in other sections/classes are strongly encouraged to but are not required to include the 4-H Clover or mention 4-H unless requested in section/class description.
- ◆ **Posters entered in the previous year's Grady County Fair cannot be submitted.**
- ◆ **All posters classes are subject to change and may not be able to be entered in the county fair, if the state program changes the fair entry**

### Communication Arts - 4-H Clover is required for all entries in this category

**Promotional Poster** designed to recruit 4-H members, volunteers, promote any 4-H event or promote any 4-H project, including competition ethics.

*Beginner (3rd-5th grade)      Intermediate (6th - 8th grade)      Advanced (9th-12th grade)*

**Theme Poster** designed to promote 4-H using the theme, "4-H Grows Here" -

*Beginner (3rd-5th grade)      Intermediate (6th - 8th grade)      Advanced (9th-12th grade)*

**Historical Poster** recognizing or documenting one of the following: Oklahoma 4-H history during one decade or the evolution of a particular 4-H project area over the decades.

*Beginner (3rd-5th grade)      Intermediate (6th - 8th grade)      Advanced (9th-12th grade)*

## Poster Contest - Categories & Classes

### **Educational Display Booth—Must be on a tri fold display board & include an official 4-H Clover—All Ages Compete Against One Another**

- Educational Booth Display (other than community service or “4-H Grows Here”) Display may be project area, member recruitment, current youth issue, event, etc.
- Community Service Booth Display – Sharing about a community service that a 4- H member or county 4-H group has done. Should include pictures, examples, and scope of projects. The impact on others will be an added criterion for judging. Project should be the extension of a 4-H project area.
- Display using the national campaign “4-H Grows Here”

### **Science & Technology**

**Draw a Scientist Poster** - (3rd -7th grade)

**Careers in STEM Poster** - (8th - 12th grade)

**How GPS Works** - including the user, control and space segments of the system. (3rd-7th grade)

**How GPS has been used to improve society** (8th—12th grade)

### **Childcare**

**Child Care Poster** - on one of the following subjects: Behavior and Guidance--Include pictures and fact about child development; Safety Risks and Procedures--include common safety risks that a babysitter needs to be aware of and procedures to address the safety issue; Ages and Stages of Development - (3rd -7th grade)

### **Food Science and Nutrition**

#### **Diversity**

Educational poster based on Breads OR cheeses of another country or countries - (3rd –5th grade)

Educational poster based on Foods from another culture. Can be based on a cultural celebration. (6th - 12th grade)

#### **Nutrition**

Educational poster based on recipe modification for healthful eating (3rd –5th grade)

Educational poster based on the nutritional contributions of fruits and vegetables (6th - 8th grade)

Educational **display** based on a recipe modification to include:

Original recipe and what modifications were made

Benefits of the modifications

How did the modifications impact the above factors?

What were other people's responses to the modifications (9th - 12th grade)

#### **Food or Kitchen Safety**

Educational poster based on food or kitchen safety (3rd –5th grade)

Educational poster based on protein food safety (6th - 8th grade)

Educational poster based on outdoor cookery or grilling (9th - 12th grade)

Educational poster illustrating a place setting for a specific occasion or menu (3rd –5th grade)

Educational **display** based on a breakfast buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information (6th - 8th grade)

Educational poster based on careers in the food industry (9th - 12th grade)

## Poster Contest - Categories & Classes

### Personal Development

All posters based upon the Personal Development Curriculum "Picture Perfect Youth" All curriculum for Personal Development are posted on the Oklahoma 4-H website at:

<https://4h.okstate.edu/projects/personal-development/index.html>

*Beginner (3rd –5th grade)*

*Intermediate (6th - 8th grade)*

**My Short Term Goals Poster**

**Problem Solving Poster**

**Hello to the House Poster**

**Media Messages: Myth or Fact? Display**

**That's Write!**

**Leadership Banner Poster**

**My Hands of Service Display**

**My Thumbprint of Character Poster**

*Advanced (9th –12th grade)*

**Goal Setting Collage Poster**

**The Who, What, Why and How of an Interview Creative Writing Poster**

**My Best Marketable Skills Display**

### Electric

**Electric Concepts Poster** – Poster showing a basic electric concept or explaining the proper use of electricity in modern life. (3rd - 7th Grade)

**Electronics/Lighting Selection Poster** - Poster on information that consumers might use in making a selection of any electronic devices such as computers, games, telephones, lighting fixtures, bulbs or other electronic device. (8th-12th Grade)

**Educational poster** on careers in the electrical field – (all grades)

### Rocketry

*Junior 3rd - 7th Grade & Senior 8th—12th Grade*

**Poster showing the parts of a model rocket, with an explanation of the purpose of each part.**

**Poster explaining the function of the model rocket engine.**

**Poster showing one or more points from model rocketry safety code.**

**Poster on any other topic pertaining to rocketry.** (Examples: History of Rocketry, NASA Rockets, Commercial Rockets, Recent Rocket Launches, Purpose of Rockets, Rocket designs, etc.)

### Shooting Sports

*Junior 3rd - 7th Grade*

Poster on any of the following: **Archery Safety, All Other Discipline Safety, Archery, Air Pistol, Air Rifle, .22 Rifle, Shotgun, Hunting & Wildlife or Living History**

*Senior 8th- 12th Grade*

Poster on any of the following: **Archery Safety, All Other Discipline Safety, , Archery, Air Pistol, Air Rifle, .22 Rifle, Shotgun, Muzzleloading, Hunting & Wildlife or Living History**

## Poster Contest - Categories & Classes

### Entomology

**Self-Determined Entomology Exhibit** - Designed to allow exhibitors to prepare educational Entomology exhibits. Exhibits should be educational, neat and attractive and easy to understand. A one-page written report explaining the nature or purpose of the project must accompany the exhibit.

- A. Careers in Entomology
- B. Biodiversity—the role insects play in the ecosystem
- C. Invasive Species
- D. Integrated Pest Management

**Junior** (3rd-7th grade)                      **Senior** (8th - 12th grade)

### Forestry

The exhibit shall consist of a poster, model, or any one of a great number of other creative efforts by the club member which relates to the science and technology of forestry or is otherwise directly related to forestry. If display not to exceed 36" x 36" (width x depth) or poster not to exceed 14" x 22".

**Junior** (3rd-7th grade)                      **Senior** (8th - 12th grade)

### Geology

*Junior Grades 3-5)*

**Poster on well site safety**

*Intermediate (Grades 6-8)*

**Poster on Water Mineral Issue.** Subject of poster should be one of the following:

- What water hardness and mineral testing can determine.
- Secondary recovery methods.
- Dangers of lead in the water.

*Senior (Grades 9-12)*

**Poster of a press release;** collected about the energy information and your interpretation; possibly the Energy Index or other topic.

### Wildlife

**Junior** (3rd-7th grade)                      **Senior** (8th - 12th grade)

**Oklahoma Wildlife**—Self determined—Examples: Careers in Wildlife, Identification of Waterfowl, or Oklahoma wildlife.

**Fisheries**—Self determined—Examples: fish, fish farming & aquatic food chains

**Bird**—Self Determined—Examples: Oklahoma Birds, Birds of prey, protected birds

**Wildflower**—Self Determined—Examples: Oklahoma Wildflowers, Wildflower for pollinators

## Poster Contest - Categories & Classes - continued

### **Crops in Our Lives:**

Choose an agronomic crop and create a poster depicting one of the following about that crop:  
a. History; b. Production; c. Use in different cultures; d. Use in different processed foods; or  
e. Process from farm to table.

(3rd - 5th grade)

(6th - 8th grade)

(9th - 12th grade)

### **Horticulture in Our Lives:**

Choose a fruit, vegetable, nut, spice, or beverage (tea, coffee, chocolate) crop, and create a poster depicting one of the following topics related to that crop:

History, Production, Use in different cultures, Use in different processed foods

(3rd - 5th grade)

(6th - 8th grade)

(9th - 12th grade)

### **Companion Animals:**

Companion animals refer to animals utilized as pets, not livestock or wildlife.

Poster Categories:

**Animal Health and/or Nutrition**

**Good Husbandry and/or Grooming**

**Training and/or Showing**

**Service and/or Citizenship**

(3rd—7th grade)

(8th - 12th grade)

### **Environmental Stewardship**

(3rd - 7th grade)

**Exploring Streams and Lakes Poster** with photos showing a stream, lake or pond you have visited. Photos should show things like shorelines or creek banks, appearance of the water, condition of vegetation on the shore or banks, and problem areas such as erosion, trash or obvious pollution. Each photo must have a caption explaining what it shows. Overall, the poster should tell what you think is helping or harming the water or the plants and animals that live there. Members entering this project for 2nd or 3rd year should compare changes over time or season. Poster title should include name of water body, if it has one, and town or county where located.

**Where Does My Water Come From Poster** showing or describing the source of your water (lake, aquifer, private well) and/or what is done to it (water treatment plant, in home filtration system) before it gets to your home.

**Natural Resources of My County Poster** with your photos showing a mixture of local natural resources like prairies, forests, scenic views, water bodies, agriculture, wildlife or similar things. Each photo must have a caption naming the resource. Overall, the poster should convince the reader that your county is a great place to live. Poster title should be at least 1 inch tall and include name of your county.

**Aquatic Habitat Poster** with photos showing a stream, lake or pond you have visited. Photos should illustrate distinct habitats such as shoreline vegetation, undercut banks, rocky shores, riffles, pools or runs. Each photo must have a caption explaining what it shows. For more ideas read Lit. #21. "Aquatic Organism" Overall, the poster should comment on things you observed that could be helping or harming the critters or their habitat. Changes should be shown over time for projects after the initial year. Poster title should include name of water body, if it has one, and town or county where located



## Poster Contest - Categories & Classes - continued

### Environmental Stewardship - continued

((8th– 12th grade)

**What is a Watershed?** Describe what watersheds are and how they work. Title must contain the word, “watershed”.

**Natural Resources of My County Poster** with your photos showing a mixture of local natural resources like prairies, forests, soils, scenic views, water bodies, agriculture, wildlife or similar things. It is desirable to show people using the resource. Each photo must have a caption naming the resource and explaining how people use and enjoy it. Overall, the poster should convince the reader that your county is a great place to live. Poster title should be at least 1 inch tall and include name of your county.

**Stream, Pond or Lake Poster** Photos showing a stream, pond or lake you have visited. Poster should show things people have done or might do, along the shore or in the watershed that can harm this stream, pond or lake. For ideas read Literature #'s 21 & 24. Poster title must include name of water body and town or county where located.

**Illegal Dumping – Poster** Discourage illegal dumping and explain how illegal dumps can contaminate water or create other problems.

### Miscellaneous Poster:

This category is for any poster that does not fit into one of the other poster categories.— Posters from this category cannot be entered into the county or state fair.

(3rd-5th grade)

(6th– 8th grade)

(9th - 12th grade)

### **FOR 2022/2023 4-H YEAR ONLY**

#### **S.A.F.E. (Seatbelts Are For Everyone) -**

The Grady County Teen Leaders voted to partner with OK SAFE to promote automobile safety through the use of seatbelts. Youth are encouraged to make a poster to promote the use of seatbelts. For more information about the SAFE program go to: [Home - Seat Belts Are For Everyone \(OK SAFE\)](#) Posters from this category cannot be entered into the county or state fair.

(3rd-5th grade)

(6th– 8th grade)

(9th - 12th grade)



**47% of people who die in automobile accidents were not wearing seatbelts.**

# Fashion Revue Contest

**General Description:** The Fashion Revue Contest gives 4-H'ers an opportunity to master skills in Structural Design, Elements of Design, Principals of Design and Decorative Design in the areas of Apparel Design and Construction, Interior Design and Construction and Hobbies/Textile Design and Construction. All Entries must have been created since Sept. 1st of the current 4-H Year

## Level 1 (Ages 8\*-10)

**Simple Tops** (shirt, tank top, t-shirt, vest, poncho, any other similar item not stated)

**Simple Bottoms** (shorts, capris, pants, skirts, any other similar item not stated)

**Non-human Apparel** (doll clothes, pet or livestock garment, any other similar item not stated)

**Sewn Fashion Accessory** (sewn hats, scarves, bag, wallet, string-pack or textile based jewelry, any other similar item not stated)

**Knitted/Crocheted Yarn/Thread Fashion Accessory** (knitted/crocheted hats, scarves, bag, wallet, string-pack, or textile based jewelry, any other similar item not stated)

## Level 2 (Ages 11-12)

**One piece garment with facing** (robe, jacket, dress, jumpsuit, shooting vest, any other similar item not stated)

**Simple Bottom with pocket and/or waistband or facing** (shorts, capris, pants, skirts, any other similar item not stated)

**Two piece garment** (top and bottom, jacket/vest with bottom/dress, PJ's, any other similar set of items, not stated )

**Non-human Apparel** (doll clothes, pet or livestock garment, any other similar item not stated)

**Sewn Fashion Accessory** (sewn hats, scarves, bag, wallet, string-pack, or textile based jewelry, any other similar item not stated)

**Knitted/Crocheted Yarn/Thread Fashion Accessory** (knitted/crocheted hats, scarves, bag, wallet, string-pack, or textile based jewelry, any other similar item not stated)

## Level 3 (Ages 13-14)

**Blouse/Shirt with sleeves and closure** (set-in, flat inset, cap, raglan, or kimono, any other similar item not stated)

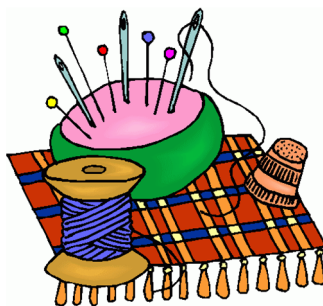
**Bottom with zipper and/or pocket** (shorts, capris, pants, skirts, any other similar item not stated)

**Two piece garment** (coordinating top and bottom, jacket/vest with bottom/dress, PJ's, uniform, any other similar item not stated)

**Sewn Fashion Accessory** with closure/fastener and seams.

**Knitted/Crocheted Yarn/Thread Fashion Garment or Accessory** (knitted, crocheted, tatted, any other similar item not stated)

**"Redesigned" Original Apparel/Fashion Garment** with before and after (garment being worn) pictures and a written description of the design and construction process/steps the member undertook and reason(s) for "redesign."



# Fashion Revue Contest

## Level 4 (Ages 15 and up)

**One piece lined or unlined, garment** (pants, skirt, coat, jacket, dress, jumpsuit, uniform, formalwear, any other similar item not stated)

Two-piece lined or unlined ensemble/**coordinate** (coat/jacket/vest/shirt/blouse with dress/pants/slacks/skirt/etc., suit, costume, or any other similar two-piece coordinate)

**Knitted/Crocheted Fashion Garment or Accessory** created by Knitting/Crocheting/Tatting/Felting or similar technique. No accessory is to be constructed from commercial/purchased fabric (woven, knit, felt, etc.)

**Fashion Accessory or Garment designed for Special Needs.** *“Special Needs” being the individual requirements of a person with a mental, emotional, physical disability or disease.* Include a description of whom it was made for, why the need, any special adaptations per the individuals request and any other pertinent information supporting the finished product.

**Recycling/Upcycling Apparel on a Budget** – Focus is on the skill/technique mastery applied to the recycling/upcycling of a garment with a budget of \$10. Must include an expense sheet for any supplies/garments purchased. In kind or on hand supplies (thread, fabric/trim scraps, buttons, interfacing, etc.) used in the design and construction are also to be listed on the expense sheet.

## ALL AGES

**Apparel Design Project Portfolio:** A portfolio is a great record keeping tool. It will be a valuable source for ideas and future projects, a place to share any project work done in ADC, and provide a place to show samples of new techniques or knowledge explored in ADC. It is a notebook with three (3) sections – 1) Projects/Products, 2) Sample Technique Pages and 3) Creative Inspirations and Ideas



## Consumer Buying

**General Description:** Consumer Buying is designed to help youth develop a better understanding of buying and fashion including fit, color, building a wardrobe and budget.

**Ages:** Beginner (grades 3rd, 4th & 5th)

Intermediate (grades 6th, 7th & 8th)

Advanced (grades 9th, 10th, 11th & 12th)

**Guidelines:** Members must purchase and model an outfit and must have a “document of savings” to include the following on a typed or hand written 8 1/2 x 11” paper:

- Amount Saved
- Percentage Saved
- The receipts or tags from the outfit must be attached to the document of savings

Participants should be ready to talk about when they would wear their outfit and how the clothing they purchased fits into their wardrobe.

## Appropriate Dress Contest

**General Description:** The Appropriate Dress Contest is an opportunity for 4H'ers to learn how to use what clothing items they own and dress appropriately for specific occasions. A maximum of three classes can be entered per participant

**Categories:** School wear, Active Sportswear, Business Casual, Professional Dress, Formal Wear

**Ages:** Cloverbuds (ages 5-8)

Beginner (Grades 3rd, 4th & 5th)

Intermediate (Grades 6th, 7th & 8th)

Advanced (Grades 9th, 10th 11th & 12th)

**School wear:** Should be washable clothing, representative of what you wear to school. Jeans, shirts, clothing with school logos and tennis shoes are acceptable.

**Tops** -Should be appropriate for school, no alcoholic beverage or tobacco advertisement or logos are acceptable. Shirts or t-shirts can be: Knit or woven, with or without collars and/or buttons. Short or long sleeves; Pullover sweater, cardigan or vest (optional).

**Jeans, Slacks, Skirts, Shorts or Capris** - Must be washable.

**Belt** - A belt should be worn if the garment has belt loops.

**Shoes** - Do not need to be new, but they do need to be clean and polished. Running, Tennis/athletic, casual & canvas style shoes (examples: loafers, oxfords, flats, boat or deck shoes, sandals, or boots).

**Active Sportswear:** Clothing appropriate for participating in a sport or activity such as jogging, hiking, cycling or tennis. Clothing with school logos is acceptable. Examples: Garments to be worn to play tennis, ski, jog, aerobics, dance workouts, etc. Team uniforms are allowed.

**Business Casual:** More dressy than school wear. No jeans, t-shirts or tennis shoes.

**Shirts**- Polo style shirts, Shirts should have collars (boys), Shirts with or without a collar (girls), Tuck in shirt (boys), No jacket required.

**Bottoms** - Dress slacks, Capris, Skirts or Casual Dress

**Belts** - If your bottoms have belt loops, you need to wear a belt. Belt should coordinate with shoes

**Socks** - Color should coordinate with pants and shoes, Hosiery is optional.

**Shoes** - Dressy sandals Boat shoes, Flats (leather or leather look), Dress Shoes.

**Professional Dress:** More dressy than business casual. Garments to be worn to banquets, business interviews, business events and other special occasions.

**Outfits** - Suit jacket and slacks or skirt and jacket of the same fabric. Blazer or jacket with coordinating slacks or skirt. Street-length dress, short or long sleeved, Jacket (optional) Dress length should be above knee length to above ankle.

**Belts** - A belt should be worn if the garment has belt loops.

**Accessories:** Tie should be worn with suits and blazers.

**Socks or Hosiery** - Socks should be match the slacks and shoes. Hosiery should be worn with skirts or dress.

**Formal Wear:** Clothing appropriate for weddings, proms, pageants and other special events.

**Outfits** - Suits, Tuxedos, Tea Length or Long formal

**Belts** - A belt should be worn if the garment has belt loops.

**Accessories:** Tie should be worn with suits and blazers when collared shirt which is tie appropriate is worn.

**Socks or Hosiery** - Socks should be match the slacks and shoes. Hosiery should be worn with dresses when sandals are not being worn.

# Table Setting Contest

**General Description:** The Table Setting Contest is designed to help members learn to set a table for both casual and formal dining. As well as learn to create a well-balanced menu and table etiquette for a specific meal.



**Ages:** Cloverbuds (ages 5-8)  
Beginner (Grades 3rd, 4th & 5th)  
Intermediate (Grades 6th, 7th & 8th)  
Advanced (Grades 9th, 10th 11th & 12th)

## Basic Rules for 4-H Table Setting Contest

- Contestants will have 30 minutes to complete their set up.
- Parents or adult may help the contestant carry in supplies but will not be allowed to assist with any part of set up and will not be allowed in the room during set up.
- Judge will be able to watch as you set up.
- Judge will visit each contestant. Contestants will give their oral presentation and the judge can ask questions afterwards.
- Table setting must remain in place until judging is complete.

## Tips for Oral Presentation

Contestants should play the role of the host for the meal they have planned and should be dressed appropriately. They should introduce themselves and describe the meal as they envision it, including the type of occasion and theme they have chosen. The presentation should also include basic nutrition and “My Plate” information, their favorite part of the table setting, and meal and one possible etiquette downfall associated with their meal.

## Table Setting Information

### Select a Theme & Occasion

What is the occasion...a family dinner, a holiday, or lunch with friends? Is this a casual or formal occasion? Select a theme which fits the occasion. Possibilities can run from picnic in the park to a formal Mother’s Day dinner.

- Formal — use candles (may or may not be able to be lit for competition), more than three pieces of flatware, china (no stoneware), tablecloth and/or mats are acceptable and cloth napkins.
- Casual — be creative! Theme can be indoors or outdoors. Use any type of cover (tablecloth, paper, etc.) and any type of table service. Overall place setting should be an expression of your creativity; homemade touches are encouraged.

### Table Covering

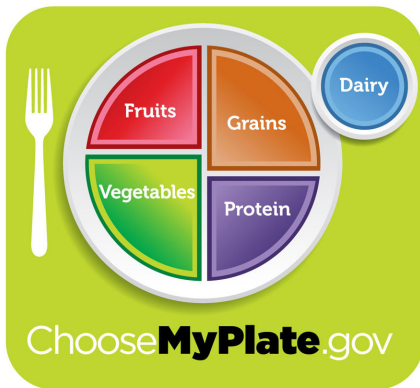
This is the background for the meal. It protects the table and makes for less noise. Placemats and/or tablecloths may be used. Choose a covering which is appropriate for the occasion. You may match or blend colors and textures in the dishes — or use something quite different for contrast.

### Centerpiece

The centerpiece (if used) should be coordinated with the place setting and be appropriate for the occasion. Even though a single place setting is set, the centerpiece should be visible to all as if the entire table was set and should not obstruct anyone’s view of each other.

# Table Setting Contest - continued

## Menu Planning



An appropriately planned menu should follow the MyPlate guidelines. As a general guideline, a meal should have at least 3 different food groups to balance what the body needs each day. MyPlate illustrates the five food groups that are the building blocks for a healthy diet. For more information about MyPlate, go to [www.choosemyplate.gov/](http://www.choosemyplate.gov/).

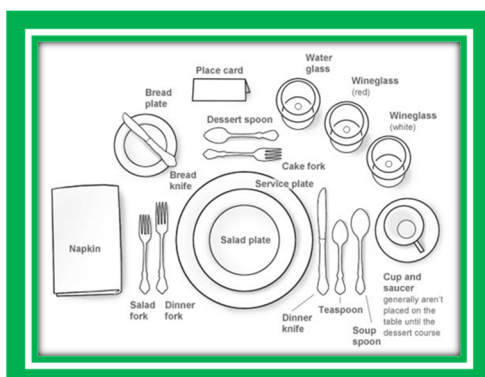
Menu should be written and displayed with the table setting.

## Place Setting

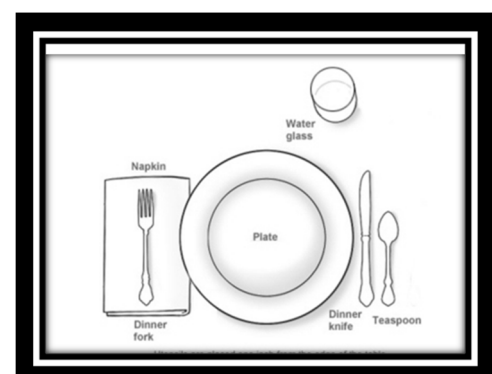
Allow at least 20 inches of space for each person's place setting. The place setting or cover contains the dinnerware and flatware for the meal. Remember that only utensils used in the meal should be included in the table setting.

- The flatware, plate, and napkin should be one inch from the edge of the table.
- The plate is always in the center of the place setting.
- The dinner fork is placed at the left of the plate.
- If a salad fork is used, it is placed to the left of the dinner fork.
- The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
- The teaspoon is placed to the right of the knife.
- If a soup spoon is needed, it is placed to the right of the teaspoon.
- The soup bowl may be placed on the dinner plate.
- Only utensils used in the meal should be at the table setting. Example: If soup is not on your menu, then you don't need to put a soup spoon at your table setting)
- The drinking glass is placed at the tip of the knife.
- If salad, bread and/or dessert plate(s) or bowl(s) is used, place at the top of fork(s).
- If coffee or tea is served, the cup is placed on the saucer and set to the right of the spoon. Have the handle pointing to the right. The cup and saucer are generally not included in the initial table setting, they are added at the time of coffee or tea service usually during the dessert course.

## Formal Table Setting



## Casual Table Setting



## Table Setting Contest - continued

### Etiquette Information

Here are a few Etiquette tips for napkin, table setting and soup, etiquette scholar ([https://www.etiquettescholar.com/dining\\_etiquette/business\\_etiquette.html](https://www.etiquettescholar.com/dining_etiquette/business_etiquette.html)) has a complete guide to table manners and setting for a variety of occasions. This would be an excellent website for contestants to review.

### **Napkin**

At informal meals, place the napkin in your lap immediately upon seating. During formal occasions, before unfolding the napkin, wait for the host or hostess to remove his or her napkin from the table and unfold it in his or her lap.

- Place the napkin in your lap upon seating.
- When leaving the table temporarily, put the napkin on your chair.
- At the meal's end, fold your napkin and place it to the left of your place setting.

### **Table Setting**

Deciding which knife, fork, or spoon to use is made easier by the **outside-in rule** – use utensils on the outside first and working your way inward. So, if you are served a salad first, use the fork set to the far left of your plate.

Your water glass is the one above the knife in your place setting and your bread plate is to the left. To remember which bread plate belongs to you and if the glass in front of you belongs to you or your neighbor, use “b” and “d”. Touch the index finger on your right hand to your right thumb. Touch the index finger on your left hand to your left thumb. The “b” formed by your **left** hand is for “**bread**” (your bread plate is always at the **left** of your place setting). The “d” formed by your **right** hand is for “**drink**” (your drinking glasses are always at the **right** of your place setting).

### **Soup Etiquette**

Hold the soup spoon by resting the end of the handle on your middle finger, with your thumb on top. Dip the spoon sideways at the near edge of the bowl, then skim away from you. Sip from the side of the spoon. To retrieve the last spoonful of soup, slightly tip the bowl away from you.

### **Informal dinner party menu**

- Plan a well-balanced meal.
- Don't serve heavy, sweet, or spicy dishes back- to- back.
- Balance rich dishes with a simple one.





## County 4-H Medal Forms

**General Description:** County Medals mark achievement in 4-H project work. Members completing a 4-H Medal Form will be invited to the Achievement Banquet to receive their project medal/s. Medal forms are turned into club leaders by the due date they have established.

**Eligibility:** A 4-H member is eligible to receive a county medal/s in a particular project once in each of the following age groups:

Beginner (Grade 3rd, 4th & 5th)

Intermediate (Grade 6th, 7th & 8th)

Advanced (Grade 9th, 10th, 11th & 12th)

**Members may only receive 2 medals per year.**

**Medal Forms are on page 42 & 43**



## Excellence Awards

**General Description:** Excellence Award are presented to 4-H members who do outstanding project work in specific areas. Members must complete either a county record book or a state record book as well as a special awards form. Special awards will be present to both Jr. (3rd—7th Grade) & Sr. (8th—12th) .

An Excellence Award form must be completed for each award a member would like to be considered for. Forms that list more than one excellence award will be disqualified or includes project work outside the scope of the award project area. (Example: Showing Cattle would be project work in Agriculture and Beef but is outside the scope of Leadership or Swine) Members are encouraged to list more than the required activities because Excellence Awards forms will be evaluated against one another. Forms can be completed by hand or electronically.

**Excellence Award Forms are on page 44 & 45**





## Grady County 4-H Medal Form

(to be turned into Club Leader by their established due date)

Name \_\_\_\_\_ Club \_\_\_\_\_ Year \_\_\_\_\_

I am applying for a medal at the following level: (check one)

\_\_\_ Jr. (3rd—5th Grade)    \_\_\_ Intermediate (6th—8th Grade)    \_\_\_ Sr. (9th - 12th Grade)

To receive a medal in this project you must have completed the specified number of requirements in each section of the medal form. Only the current 4-H year should be included in the medal form This form may be hand-written or typed. If a home computer is used be sure to keep all headings. Members can receive 2 project medals per year. A project medal can be received only once in each age category. **Additional space and pages can be added:**

### Select the 4-H project medal being reported on this form:

Achievement	Dairy	Goat	Public Speaking
Aerospace	Dog	Healthy Living	Rabbits
Agriculture	Electricity	Horse	Robotics
Animal Husbandry	Entomology	Judging	Rocketry
Arts & Crafts	Environmental Stewardship	Leadership	Safety
Beef	Equine Science	Music	Sheep
Bicycle	Family & Consumer Science	Performing Arts	Shooting Sports
Child Care	Fine Arts	Personal Development	STEM
Citizenship	Food Science	Pets	Swine
Clothing & Textiles	Forestry	Photography	Vet Science
Communication Arts	Gardening	Plant Science	Wildlife & Fisheries
Community Service	Geology	Poultry	Wood Science

**1. 4-H Project Work** – List 4-H projects completed that were specified for your year of project work. (include only work done in 4-H should be included in the section) This includes everything that you did specific to this project. (ie. public speaking, recipes tried, workshops attended, live actions, exhibits made, news articles written, etc. – **must completed at least 3 activities in project work**)

**2. Non 4-H Project Work** – List projects completed at school, church or other youth organizations.

**3. What Have You Learned In This Project?** (must have at least one new thing learned)

**4. Citizenship** (must complete at least one citizenship activity)

**5. Leadership** (must have completed at least one leadership project)

## Grady County 4-H Excellence Award Form

Name \_\_\_\_\_ Club \_\_\_\_\_ Year \_\_\_\_\_

I have completed a: \_\_\_\_\_ County Record Book \_\_\_\_\_ State Record Book.

Award	Jr.	Sr.	Award	Jr.	Sr.	Award	Jr.	Sr.
Achievement			Food Science			Poultry		
Agriculture			Goats			Public Speaking		
Beef			Health & Fitness			Safety		
Breads			Horse			Science & Technology		
Citizenship			Horticulture			Sheep		
Dairy			Leadership			Shooting Sports		
Entomology			Outdoor Life			Swine		
Fabric & Fashion			Performing Arts			Vet Science		

Juniors are 3<sup>rd</sup> – 7<sup>th</sup> grade; seniors are 8<sup>th</sup> grade & up. Member must submit a record book for the current year. Only work done in the current 4-H year should be included on this form. Members can receive each award once as a Jr. and once as a Sr. and may apply for more than one special award each year. An Excellence Awards form must be completed for **each award** a member would like to be considered for. **Forms that list more than one excellence award will be disqualified or includes project work outside the scope of the award project area. (Example: Showing Cattle would be project work in Agriculture and Beef but is outside the scope of Leadership or Swine)** Members are encouraged to list more than the required activities because Excellence Awards forms will be evaluated against one another. Forms can be completed by hand or electronically. **Additional space and pages may be added.**

- 1. 4-H Project Work** – List 4-H projects completed that were specified for your year of project work. (include only work done in 4-H should be included in the section) This includes everything that you did specific to this project. (ie. public speaking, recipes tried, workshops attended, live actions, exhibits made, news articles written, etc. – must completed at least 5 activities in project work)

**2. Non 4-H Project Work** – List projects completed at school, church or other youth organizations.

**3. What Have You Learned In This Project?** (must have at least one new thing learned)

**4. Citizenship** (must complete at least 1 citizenship activities in the project area & 2 other citizenship activity)

Project Related Citizenship Activities:

Other Citizenship Activities:

**5. Leadership** (must complete at least 1 leadership activities in the project area & 2 other leadership activity)

Project Related Leadership:

Other Leadership:

**6. Awards in this project** (optional)

## Outstanding Junior & Senior Record Books

A Grand Champion and Reserve Champion Record Book Awards will be presented to the Jr. & Sr. who submit the most outstanding record books in their age category. Juniors are 3rd - 7th grade and Seniors are 8th - 12th grade

## Worden Achievement Award

This award was created to honor an outstanding Senior 4-H member based on their State 4-H Record Book, who excelled in achievement, citizenship, and Leadership. This award honors the memory of Janette and Joe Worden and the donor wishes to remain anonymous.

## Thomas Leadership Award

A Senior 4-H member's State Record Book is chosen for this award for their outstanding leadership qualities. Barbara Thomas sponsor this award. Award is presented to a senior 4-H member.

## Justice Civic Engagement Award

This award is based on a Senior 4-H's State Record Book members are chosen for their outstanding Civic Engagement Activities. Senator Ron Justice sponsors this award.

## "I Dare You" Award

A 10th, 11th, or 12th grade 4-H member who submits a State 4-H Record Book is eligible for the "I Dare You" Award. The winner is presented a copy of "I Dare You", a book by William H. Danforth. This award is sponsored by Representative Dick & Judy Lowe.

## Grady County Hall of Fame

Hall of Fame was established to recognize the outstanding senior 4-H members who have submitted a state record book for this county competition. Tenth, Eleventh, or Twelfth grade 4-H members state record books are reviewed by a panel of judges; the top 4-H members are interviewed by a panel of judges who also review the record book; one to two Hall of Fame winners are selected.

**Sponsors:** David Sykes sponsors the portraits of the winners in memory of his father, Carl; mother, Ella Mae; and brother, Mike. The Calhoun family presents a monetary award to the winners in memory of their parents, J.W. and Gloria Calhoun.



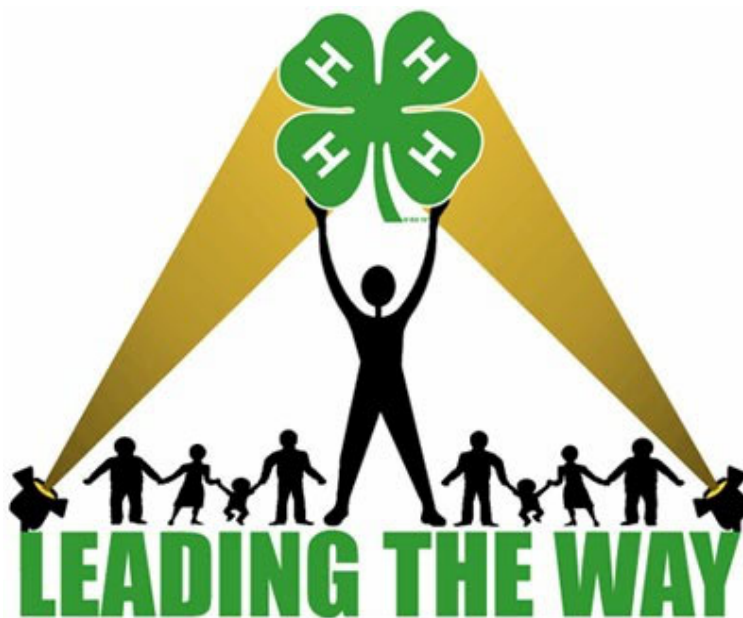
# Outstanding 4-H Club

**General Description:** The purpose of this award is to recognize well-rounded local 4-H club programs. 4-H Clubs which complete and submit the following will be awarded the “Outstanding Club Award” at the Achievement Banquet.

1. A Yearly plan will be devised and written by local officers and adult leaders. The plan will be submitted to the County Extension Office by the published deadline usually in December
2. Club meeting must be visited by 4-H Educator or assigned representative. This individual will provide constructive critique immediately following the meeting for officers and club leaders (when possible).
3. Secretary’s Book is to be completed and turned in. The Secretary’s book will include: club year plan, roll call, agendas, and minutes included in a binder.
4. President’s Book must be completed and turned in. The President’s Book will include the local club’s yearly plan and agendas.
5. Club Scrapbook complete and submitted by the published deadline.
6. Local officers will submit their respective books and scrapbook to the local organizational leader. The Leader will submit the President’s Book, Secretary’s Book and Scrapbook to County Extension Office by the published deadline .

**The President’s Planning Guide contains the monthly planning guide to be included in the President’s Book and the Secretary’s Book can be found: [Leadership | Oklahoma State University \(okstate.edu\)](http://okstate.edu/Leadership)**

**The Club Scrapbook can be in any format the club desires included but not limited to printed and bound, traditional scrapbook or digital format.**





**Grady County Record Book**  
(for use by 3<sup>rd</sup> – 7<sup>th</sup> Grade Members)



**Cover Page**

Reporting project work for May 1, \_\_\_\_ thru May 1, \_\_\_\_

**Attach or Insert a photo  
of yourself**

Name \_\_\_\_\_

Grade in School (this past year) \_\_\_\_\_

Year in 4-H \_\_\_\_\_ 4-H Club \_\_\_\_\_

**4-H Member** - I have completed the project work reported in my Record Book.

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

Date \_\_\_\_\_

**Parent/Guardian** - I have reviewed this Record Book and know that the 4-H member has completed the work reported.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_





\_\_\_\_\_ Yes, I attended my local club meeting      \_\_\_\_\_ No, I did not attend my local club meeting

Date of Club Meeting: \_\_\_\_\_

Subject of Educational Program at Meeting: \_\_\_\_\_

I participated in the following 4-H Activities: (local, county, district contest, other club activities)

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Work done on my own: (fed animals, items made)

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---

---

Financial Information: (this is helpful especially with animal projects but may not be applicable for all projects)

Amount of Money Spend & What was Purchased:

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---

Amount of Money Earned & How it was Earned:

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Tours/Workshops Attended:

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Leadership Activities: (Led 4-H pledges or games, taught a workshop, taught another 4-H member, be sure to include the number of people reached)

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Citizenship Activities: (Community Service project, items donated, helped another person not related to you, something learned about government, be sure to include the number of hours you worked at a community service project)

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**What I learned:** (information you learned, what skills did you gain, what skills did you improve)

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**Activities in other organizations:** (Church, Boy Scouts, Girl Scout, FFA, FCCLA)

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Use additional pages if needed and Great JOB for being so busy!

\_\_\_\_\_ Yes, I attended my local club meeting      \_\_\_\_\_ No, I did not attend my local club meeting

Date of Club Meeting: \_\_\_\_\_

Subject of Educational Program at Meeting: \_\_\_\_\_

I participated in the following 4-H Activities: (local, county, district contest, other club activities)

---

---

---

Work done on my own: (fed animals, items made)

---

---

---

Financial Information: (this is helpful especially with animal projects but may not be applicable for all projects)

Amount of Money Spend & What was Purchased:

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Amount of Money Earned & How it was Earned:

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Tours/Workshops Attended:

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Leadership Activities: (Led 4-H pledges or games, taught a workshop, taught another 4-H member, be sure to include the number of people reached)

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Citizenship Activities: (Community Service project, items donated, helped another person not related to you, something learned about government, be sure to include the number of hours you worked at a community service project)

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## The 4-H Club Meeting Ritual

Nothing more nearly represents the purpose and character of 4-H Club work than the ritual. When correctly given it is beautiful and impressive. Every member should commit it to memory. It should be given by the entire club in unison at each club meeting. It is as follows:

Vice President: "Stand Please."

**Members: All members arise and stand.**

Vice President: "What is our 4-H Club Motto?"

**Members: (in unison): "To make the best better."**

Vice President: "We will repeat the 4-H Club Pledge."

Members: **"I pledge**

**My head to clearer thinking,**

**My heart to greater loyalty,**

**My hands to larger service,**

**My health to better living,**

**For my club, my community, my country and my world."**

*In repeating the pledge, raise right hand to side of head when speaking line one, lower right hand over heart when speaking line two, extend hands, palms upward when speaking line three and state at attention when speaking line four.*

Vice President: "We will now give the pledge to the Flag."

**Members: "I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."**

*At attention facing the flag repeat the pledge of allegiance. The right hand should be placed over the heart while giving the pledge of allegiance. This change was made by Congress, December 15, 1942, Section 7, Public Law 623.*

Vice President: "We will now review the meaning of the club emblem. What is the national 4-H Club emblem?"

**Members: The national 4-H Club Emblem is the four leaf clover with the letter "H" on each leaflet running parallel with the mid-rib of the leaflet."**

Vice President: "What do the four H's on the club emblem represent?"

**Members: "They represent the equal training of the head, heart, hands and health of every member."**

Vice President: "For what is the head trained?"

**Members: "To think, to plan, to reason."**

Vice President: "For what is the heart trained?"

**Members: "To be kind, to be true, to be sympathetic."**

Vice President: "For what are the hand trained?"

**Members: "To be useful, to be helpful, to be skillful."**

Vice President: "For what is the health trained?"

**Members: "To resist disease, to enjoy life, to make for efficiency."**

Vice President: "In the All-Star Emblem, what does the Fifth H represent?"

**Members: "The Home."**

Vice President: "In what way can we be a help in our home life?"

**Members: "By striving to train for a home life that represents true character, comfort and contentment."**

Vice President: "Be seated please."