

Grady County
4-H Handbook
2024-2025



Grady County Cooperative Extension
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This Handbook belongs to:

My Club:

Meeting Day & Time:



OSU EXTENSION
**GRADY COUNTY
4-H YOUTH DEVELOPMENT**

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What is 4-H?

4-H is a program for youth and their families from all segments of society. It provides educational programs for diverse audiences of youth and adults based on practical skills of learning to learn, decision making, public speaking, goal setting, job skills and more. 4-H is the youth development phase of the Oklahoma Cooperative Extension Service, supported cooperatively by Oklahoma State University, USDA and local County Government.

How is 4-H Organized?

Locally- Most clubs have monthly meetings conducted by the local youth officers. Some clubs also have special project and activity meetings where members work in smaller groups to develop specific project skills. Each club has a designated Organizational Leader. Organizational leaders are the primary contact between the local club and County Extension Office. Organizational leaders depend on the assistance of parents as volunteers in a variety of roles at the local and county level.

County- The 4-H program is managed through the County Extension Office. Primary leadership is provided by the 4-H Youth Educator. The office is responsible for setting an educational tone and direction for 4-H and youth programs, providing instructional materials and resources, training parents and volunteers and keeping families and local leadership informed through newsletters and general correspondence. 4-H parents/volunteers are essential to the county program. County 4-H activities and events are planned, implemented, and evaluated by 4-H parents/volunteers. 4-H parents/volunteers are encouraged to participate on the Volunteer Leadership Team.

What is my role as a parent/guardian?

4-H is a family affair!

Members require the involvement and support of the entire family. Your role will include supporting and helping members, without doing it for them; giving praise and encouragement; helping a member select appropriate projects and activities; staying informed about 4-H programs; asking questions; supporting your member in meeting deadlines and following through with responsibilities and commitments; attending meetings and functions with members; and helping members focus on what's really important, not just winning!

Be a part of the 4-H team! The team is made up of volunteers, like yourself, helping to provide snacks, transportation, and a meeting place; serving as a project or activity volunteer; being a resource in your area of expertise; asking what you can do at the local and county level; and helping when called upon. 4-H members get more from their 4-H experience when the whole family gets involved.

How to know what's going on!

This Yearbook is a great place to start! Use the calendar in the back of the yearbook! The majority county activities and events are listed there. Write them on your family calendar. Please note and comply with deadlines. Emailed Newsletter and Facebook are used to supplement the yearbook and keep you updated as to times and locations as well as other opportunities that arise during the year.

The 4-H Philosophy

“It is better to build a boy than to mend a man.”

To “learn by doing” is fundamental in any sound educational program and characteristics of the 4-H program. Some other commonly accepted beliefs are:

- ◆ 4-H youth are more important than the 4-H project.
- ◆ Learning how to do the project is more important than the project itself.
- ◆ A blue ribbon 4-Her with a red ribbon project is more desirable than a red ribbon 4-Her with a blue ribbon project.
- ◆ Every 4-H member needs to be noticed, to feel important, to win, and to be praised.
- ◆ Our job is to teach 4-H members how to think, not what to think.

We cannot always build the future

FOR OUR YOUTH

But we can build our youth

FOR OUR FUTURE!

What can 4-H teach my child?

4-H teaches members to set and accomplish goals for themselves through project work. A member's project manual will assist them in learning to set goals, keep records, and evaluate what they did or did not accomplish. 4-H encourages members to record their goals and how they completed the goals. This is called record keeping. There are several ways for members to keep up with what they do in 4-H. They can:

1. Use a county record book or medal form to record what is done in the project.
2. Keep a diary (write in it each day).
3. Write on a calendar (write down each day what was done).

A key to successful record keeping is to wait no longer than one week to record project work. The important details and/or simple things are forgotten quickly. The things that need to be written down include:

1. What you did (number of times, number of items made, number of animals, number of acres planted and harvested, hours spent working in project or project work done, etc.).
2. What you learned (what new knowledge and skills were learned, what funny or sad things happened, etc.).
3. Learning experiences participated in (demonstrations, speeches, tours, exhibits, judging, workshops attended, lessons at local club meetings, day camps, etc.).
4. Leadership experiences you participated in (volunteer leadership: teaching or assisting with teaching, committee work, officer, etc.).
5. Citizenship activities participated in (helping others, providing a service, etc.).
6. Awards and recognition received.

The result of keeping good records is that a member has learned to set goals and see how goals were accomplished. Record keeping is a life skill that can be vital to their success as an adult.



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 (September—May) (unless stated otherwise) This group is led by Sherrie Evans her email address is: jsscmevans@att.net



Teen Leaders

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 events.

Grady County Teen Leaders meet at 6:00pm at the Extension Office on the 3rd Thursday of each month (September—May) (*unless otherwise stated*)



Parent Volunteer Association

The 4-H program would not exist without Certified Volunteers because every club must have at least 1 Certified Volunteer These volunteers have had a background check and complete training annually as well as continuing education throughout the year. The best 4-H club have a number of parents who are help with their club leaders.

In order to keep volunteers informed and up to date with continuing education, there are Parent Volunteer Association Meeting held each quarter. All parents are welcome to attend. The meetings are held at 5:30pm at the Extension Office, dinner is often served so an RSVP is needed usually a week prior to the meeting. PVA meetings are scheduled as follows:

Thursday, September 12th, 2024
Thursday, January 23rd, 2025

Thursday, November 7th, 2024
Thursday, March 6th, 2025

Decorated Pumpkin Contest

**Due Date: Wednesday,
10/23/2024**
Place: Extension Office
Time: by 4:30pm

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: Cloverbud (5-8 years old) Jr. (grades 3rd, 4th & 5th)
Intermediate (grades 6th, 7th & 8th) Sr. (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.

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. Entries should NOT have been entered in the County Fair.

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)

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 Exhibit poster guidelines and criteria.

Junior Poster (grades 3-7)- Draw a Scientist

Senior Poster (grades 8-12)- Careers in STEM

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)

3-D Printed items Item must be an original design. No commercially purchased items may be entered. Entry must include the 3 D printed item, a copy of the plans and 3-5 photos of project and

Science & Technology Digital Speech

**Contest: Thursday,
11/14/2024
Time: 6:00pm
Place: Extension Office**



**QR Code for Pre-Entry
Due by: Thursday, 11/7/2024**

Science & Technology Digital Speech Contest

General Description: The Science & Technology Digital Speech Contest is to encourage youth to use technology like PowerPoint, Canva and Prezi to enhance their public speaking and their 4-H project work. Youth are encouraged to prepare a new presentation each year.

Ages: Jr. (grades 3rd, 4th & 5th) Intermediate (grades 6th, 7th & 8th)
Sr. (grades 9th, 10th, 11th & 12th)

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.

4-H'ers are...

4X more likely to give back to their communities

2X more likely to make healthier choices

2X more likely to participate in STEM activities

Holiday Festival

**Contest: Tuesday,
12/3/2024
Time: 4:30pm
Place: Extension Office**

Holiday Festival

General Description: New in 2024, this contest is designed to help youth gain new skills through Expressive Arts. All entries should be related or themed for **ANY** holiday.

Ages: Cloverbuds (ages 5-8) Jr. (grades 3rd-7th)
Sr. (grades 8th- 12th)

Rules & Guidelines:

- Members can enter only 1 items per class in their age category,
- Entries must have been made in the past year and permanently signed and dated in an inconspicuous location if possible
- Judges decisions are final.

Categories

1. Fine Art– Pencil, Charcoal, Ink, Watercolor, Oil or Acrylic
2. Wreath - Purchased and decorated
3. Wreath - Handmade and decorated
4. Door Decoration (not wreath)
5. Wall Hanging (fabric, paper, wood)
6. Centerpiece
7. Placemats (must be at least 2)
8. Other Home décor made of fabric (example: pillow or pillowcases, throw, tree skirt)
9. Clothing item (handmade) for holiday (example: apron or vest)
10. Decorated Clothing item (purchased item) - (example: T-shirt or Sweatshirt)
11. Holiday cards set of 6 (can be same holiday or different holiday)
12. Floral Décor Item



Expressive Arts play an important role in shaping our sense of personal, social and cultural identity. Research shows that Expressive Arts has the ability to enrich all areas of learning including self-expression and confidence.

Holiday Festival Reception

**Contest: Thursday,
12/5/2024
Time: 4:00 to 6:00pm
Place: Extension Office**

Join us in celebrating the holidays with the Holiday Festival Come and Go Reception with cookies, hot chocolate and more. Come and see all the great entries created by Grady County 4-H members. Holiday Festival entries will be released at the end of the reception.

Multi-County Share the Fun

**Contest: Saturday,
December 7th, 2024
Time: 6:00am
Place: Minco High School**



**QR Code for Pre-Entry
Due by: Thursday, 11/21/2024**

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.

Speech Contest

**Contest: Thursday,
January 16th, 2025
Time: 9:00pm
Place: Alex High School**



**QR Code for Pre-Entry
Due by: Monday, 1/6/2025**

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. The guidelines have been adapted from the District and State Guidelines.

Divisions: Speech, Illustrated Presentation Individuals, Illustrated Presentations Teams, PowerPoint, Famous Person or Western Heritage Persona

Ages: Cloverbuds (ages 5-8) Jr. (grades 3rd, 4th & 5th)
Intermediate (grades 6th, 7th & 8th) Sr. (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.

Famous Person:

- ◆ Portraying a person or character from sports, pop culture or history, either from the past or present, through public speaking, props and attire.
- ◆ NO cartoon or fictional characters allowed.
- ◆ Props are encouraged and part of the scoring.
- ◆ No live firearms or animals.
- ◆ It is expected that 4-H members ONLY portray famous people of good moral and character.
- ◆ Presentation length: Jr. (2-5 min); Intermediate (5 -7) min; Sr. (5-7 min.)

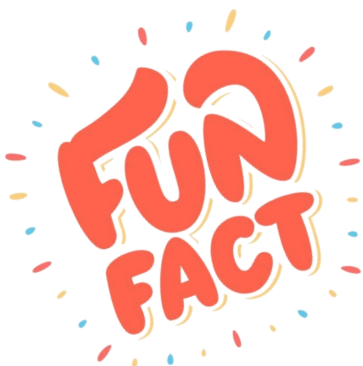
Western Heritage Persona

- ◆ Participants must create an historically accurate portrayal of an Old West character from 1860 to 1900
- ◆ Participants will be judged on period dress, historical knowledge and presentation skills
- ◆ While the dress may not be 100% accurate, participants must understand and explain why their outfit is or is not accurate
- ◆ Presentations should have 3 historical references from reliable sources
- ◆ Presentations for all ages: 4 to 7 minutes



**Glossophobia, is the
fear of
Public Speaking.**

**It is estimated that 75% of
adults have glossophobia.**



Poster Contest

**Contest: Thursday,
2/6/2025
Time: 4:30pm
Place: Extension Office**

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.

Rules:

- ◆ Age divisions vary per class according to State Fair guidelines, Cloverbuds may ONLY enter the Miscellaneous division.
- ◆ 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 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.
- ◆ 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.

Beginner (3rd-5th grade)

Intermediate (6th - 8th grade)

Advanced (9th-12th grade)

Theme Poster designed to promote 4-H using the theme, "Find Your Spark In 4-H" -

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 Continued

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)

Other Exhibits

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)

Bicycle Poster—on one of the following: a) Bicycle Safety b) Bicycling as part of Health Living c) Maintenance of bicycles (3rd –5th grade, 6th—8th grade & 9th—12th grade)

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)

Poster Contest - Categories & Classes Continued

Personal Development

All posters on 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 Thumbprint of Character Poster

Advanced (9th –12th grade)

Goal Setting Collage Poster

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

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**

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)

Poster Contest - Categories & Classes Continued

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

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)

Self Determined Gardening:

Educational poster on any part of home gardening

(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 and Livestock:

Educational poster based on one of the following:

Animal Health and/or Nutrition

Good Husbandry and/or Grooming

Training and/or Showing

Service and/or Civic Engagement

Career Exploration in companion animals and livestock

(3rd—7th grade)

(8th - 12th grade)

Poster Contest - Categories & Classes - Continued

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

Miscellaneous Poster:

This class is for posters that the member has not specified the class or do not meet the criteria for any other class. Posters from this category cannot be entered into the county or state fair.

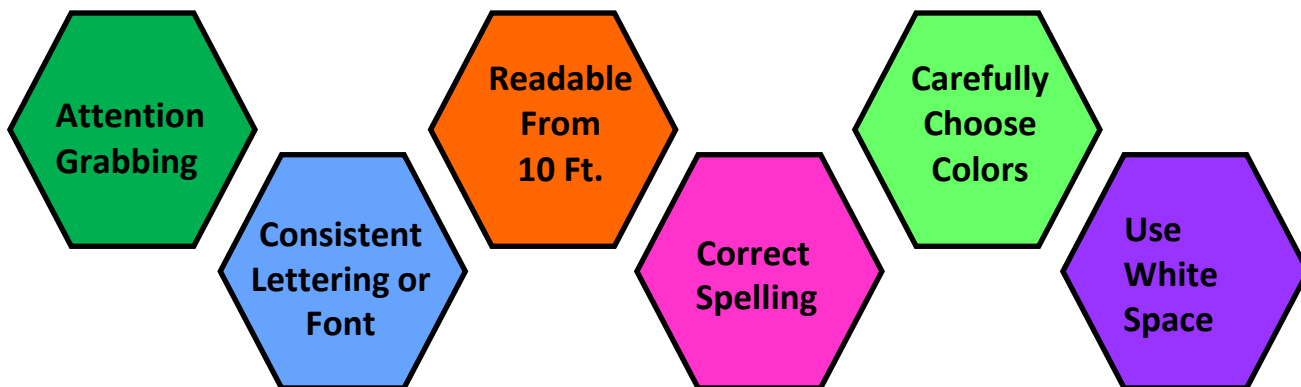
Cloverbud (5 to 8 year old

Jr.(3rd-5th grade)

Intermediate(6th– 8th grade)

Sr. (9th - 12th grade)

Tips for Creating Good Posters



Duds to Dazzle

**Contest: Thursday,
February 13, 2025
Time: 5:30pm
Place: Extension Office**



**QR Code for Pre-Entry
Due by: Friday, 2/7/2025**



Age Divisions:

Jr. (3rd -5th Grade) Intermediates (6th - 8th Grade) Sr. (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

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

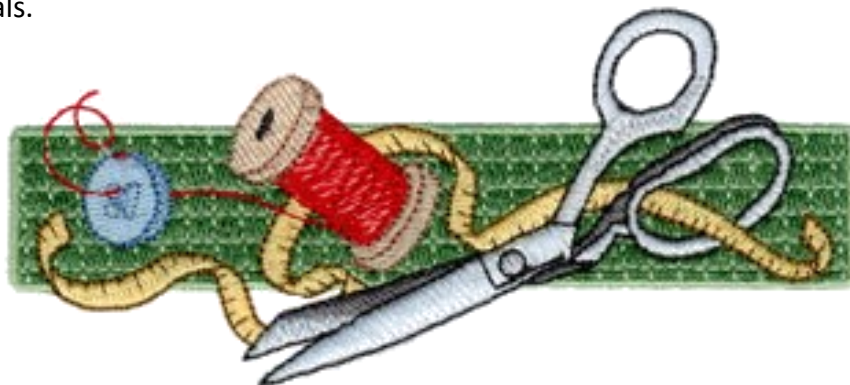
Duds to Dazzle Continued

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 to Dazzle (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 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.

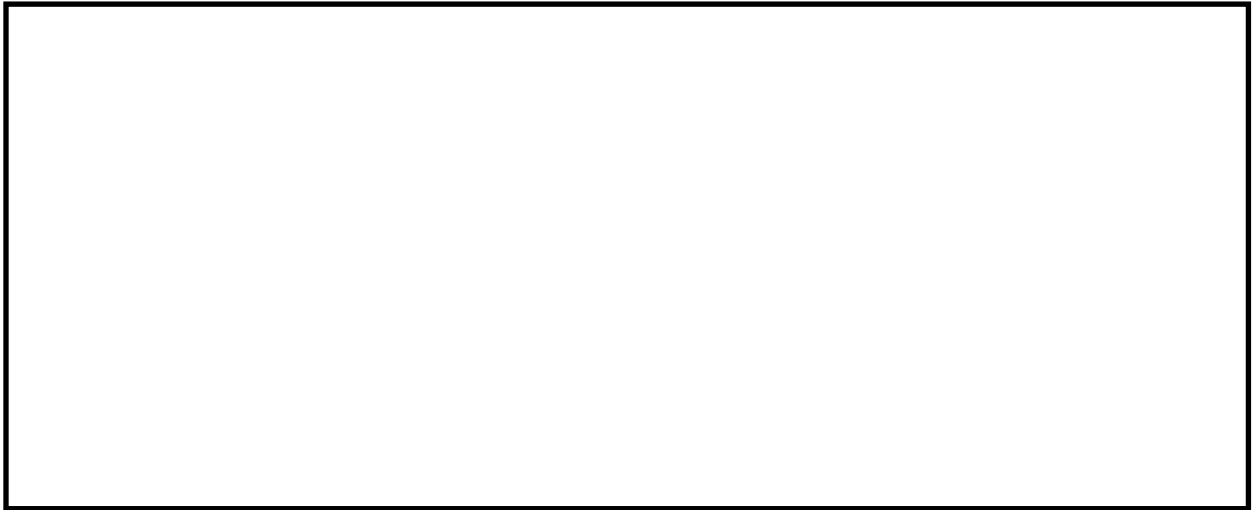
1" Foam Paint Brush (Max. of 3)	1" Hook & Eye Closure
3x5 or 4x6 not cards (1 package)	3 in 1 Beading Tool
Bobbins	Calculator
Clear Gridded Ruler	E-6000 Glue Adhesive
Elastic (1/2" and 1" package of each)	Extension Cord
Fabric Markers (Box of 10 or less)	Fabric marking pens/pencils (Max of 2)
Water bottle (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.			
Preparation: Team members display a rational process for creating their final product. Tasks are completed resourcefully and in a logical order.		(10)	
Safety Precautions: Team members exhibit knowledge of how to use tools in the kit safely in the development of the constructed item.		(10)	
Teamwork: Cooperation, effectiveness, communication of team members, and efficient use of time including cleaning of workspace.		(10)	
Use of Materials: 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)	
Construction: 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.			
Intended Audience: Knowledge of the target audience for final product. Identify where the item would be sold.		(10)	
Pricing: Estimate retail price of the constructed item. Understanding of how the price is created.		(10)	
Fiber Characteristics and Care: Understanding of fiber characteristics and general care of the textile used in the constructed item.		(10)	
Overall Appearance: Level of skill performed, techniques utilized, enhancements made, design principles used, etc. Product fits assigned category.		(10)	
Presentation Skills: 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):

Soup-A-Palooza County Fundraiser

**Due Date: Tuesday
3/11/2025
Place: Fairgrounds
Time: 5:30pm**

Soup-A-Palooza - Grady County Fundraiser

In 2023, Grady County 4-H held the 1st “Soup-A-Palooza” . This was been the main fundraiser for the county 4-H program. The funds raised help pay for awards, trips and meals for 4-H members for the Achievement Banquet .

All Clubs are expected to have a booth and make a roaster (or 3 crock pots) of 1 type of soup. Club members should man the booth to talk with and serve our guests. Clubs should have a jar or container for tips at their booth. The clubs will keep their tips, if they make less than \$100.00 the club will be given the difference from the profit of Soup-a-Palooza to ensure each club makes at least \$100.00.

Members are encouraged to sell tickets for this event and gather items for our silent auction. Silent auction items can be homemade dessert or items donated from individuals or businesses. We have had items as big as weekend stays at Broken Bow and as small as a dozen chocolate chip cookies. Because everything is donated, it is all profit.

Tickets are \$5.00 and this gives our guests 6 sample size tasting of soup. Guest can then get a bowl of their favorite soup..

Teen Leaders are also encouraged to volunteer to take part in “Helping Hands” Labor Auction. Individuals and business purchase 3 hours of work from our teen volunteers.

This is fun event and to support our 4-H program. Mesa Payne & Rebecca Payne are serving as the chairmen for this event.



Food Showdown

**Contest: Saturday,
March 29th, 2025
Time: 9:00am
Place: Fairgrounds**



**QR Code for Pre-Entry
Due by: Thursday, 3/13/2025**

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: Jr. (grades 3rd, 4th & 5th) Intermediate (grades 6th, 7th & 8th)
Sr. (grades 9th, 10th, 11th & 12th)

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.
- Each team must have at least 1 adult willing to help with the contest
- 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 receipts

No 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

Food Showdown—Continued

- 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.

The full Food Showdown Manual can be found at:

<https://4h.okstate.edu/events/food-showdown/>

Food Showdown Supply Box & Participant Checklist

- ◇ Apron/Chef Coat (1/participant)
- ◇ Can Opener (1)
- ◇ Colander, medium (1)
- ◇ Cooking spoons (2)
- ◇ Cutting boards/mats (2)
- ◇ Disposable tasting spoons
- ◇ Extension Cord (1)
- ◇ Food thermometer (1)
- ◇ Meat Fork (1)
- ◇ Gloves, disposable
- ◇ Hand Sanitizer (1)
- ◇ Heat Source (can use one of the following)
 - ◇ Two Single Burner Hot Plates
 - ◇ One Double-Burner Hot Plate
 - ◇ One Electric Skillet plus one individual Hot plate
- ◇ Hot pads (2-4)
- ◇ Kitchen Shears (1)
- ◇ Kitchen Timer (1)
- ◇ Kitchen Towels & Wash Cloths (2 of each)
- ◇ Knives (3)
- ◇ Measuring Cup, Liquid (1)
- ◇ Measuring Cup, Dry (1 set)
- ◇ Measuring Spoons (1 set)
- ◇ Mixing Bowls (3)
- ◇ Non-Stick Cooking Spray (1)
- ◇ Note Cards (4x6)
- ◇ Pancake Turner (1)
- ◇ Pencil (3)
- ◇ Plastic Tub for Dirty Dishes (1)
- ◇ Paper Towels (1 Roll)
- ◇ Rubber Spatula (1)
- ◇ Sanitizing Wipes
- ◇ Sauce Pan w/Lid (1)
- ◇ Skillet (1)
- ◇ Storage Bags
- ◇ Tongs (1)
- ◇ Vegetable Peeler (1)
- ◇ Whisk (1)

Items for Serving/Presentation

- ◇ Dinner Plate
- ◇ Individual Serving Bowl
- ◇ Fork, Knife and Spoon Set

Teams do not need all of the items on this list, only the ones they are comfortable using.

If a team need items to complete their box, contact the Extension Office, we have items that can be checked out



Table Setting

**Contest: Thursday
May 29th, 2025
Time: 5:30pm
Place: Extension Office**



**QR Code for Pre-Entry
Due by: Thursday, 5/22/2025**

Table Setting Contest

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

Ages: Cloverbud (5-8 years old) Jr. (grades 3rd, 4th & 5th)
Intermediate (grades 6th, 7th & 8th) Sr. (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.

Table Setting Contest Continued

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.

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/.

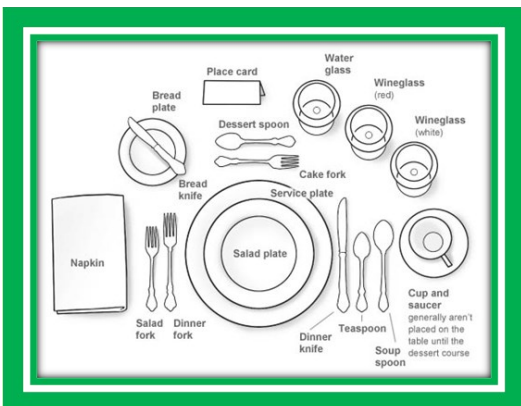
Menu should be written and displayed with the table setting.

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

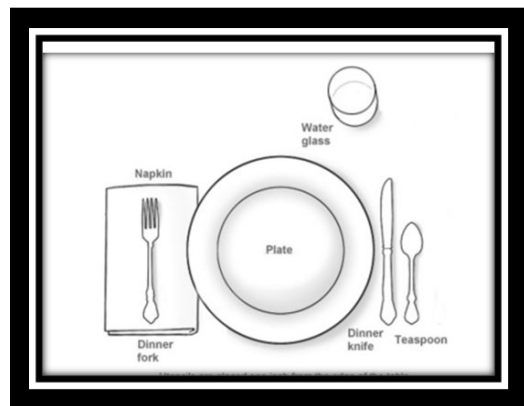


Table Setting Contest Continued

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) 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.



Fruit & Vegetable Sculpting

**Contest: Thursday
April 10th, 2025
Time: 5:30pm
Place: Extension Office**



**QR Code for Pre-Entry
Due by: Thursday, 4/10/2025**

Fruit & Vegetable Sculpting

Ages: Jr. (grades 3rd, 4th & 5th) Intermediate (grades 6th, 7th & 8th)
Sr. (grades 9th, 10th, 11th & 12th)

RULES OF PLAY

Teams will consist of 2-3 team members.

- All fruits and vegetables used in arrangement must be edible. **NO work (cutting, scoring, slicing, etc.) can be done on fruits and vegetables before the contest. No precut fruits or vegetables can be used. All work must be done during the contest.**
- Toothpicks or non-edible items can be used to hold arrangements together.
- Teams will provide their own food for preparation.
- No electric knives or other appliances can be used.

1.. Each team will have thirty minutes to prepare the dish, and clean up the preparation area. Teams are allowed to bring their presentation scripts with them. 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.

2.Each team must provide their own equipment. Washing facilities may not be available for teams to wash and share equipment.

3. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should not plan to have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Leftover food should be disposed of properly.

4. Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.

5. Presentation: When time is called, each team will present their dish and provide the following information:

Introduction including team members names and club

Two major nutrients

Steps of creating sculpture

Safety when creating their sculpture

How they worked as a team to create sculpture

All team members must participate in the presentation; all team members must have a speaking role.

Fruit & Vegetable Sculpting Continued

RULES OF PLAY CONTINUED

5. Presentation: When time is called, each team will present their dish and provide the following information:

- Introduction including team members names and club

- Two major nutrients

- Steps of creating sculpture

- Safety when creating their sculpture

- How they worked as a team to create sculpture

All team members must participate in the presentation; all team members must have a speaking role.

- Four minutes for the presentation (NO TASTING)

- No talking and no writing allowed among any team members while waiting to give the team presentation. this can lead to disqualification of the team)

- The judges may ask questions during the presentation time.



Fashion Revue

**Contest: Thursday
May 1st, 2025
Time: 5:30pm
Place: Extension Office**

Garments must be submitted to the Extension Office by 4:30pm on Thursday, 4/24/2025

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.

Grades 3rd—5th

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)

Simple Lined or Unlined Garment with one or more of the following: Pocket, Waistband or facing

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)

“Recycled/Upcycled Apparel/ Garment/Fashion Accessory—Before and after (item being worn) picture and a written description of design and construction process/steps and reason for “redesign”.

Grades 6th—8th

Blouse/Shirt with sleeves and closure. Exhibit must have two (2) or more of the following: Buttons and Buttonhole, Fasteners, Sleeves, Zipper. No jackets, coats or vests.

Lined or Unlined Bottom with zipper and pocket(s) Exhibit must have two (2) or more of the following: Interfacing/Underlining, Lining, Pockets, Zippers. Pocket style must be one described on the skill sheet

Lined or Unlined Two-piece garment (coordinating top and bottom, jacket/vest with bottom/dress, PJ's, uniform, costume, or any other similar two-piece coordinate). Exhibit must have two (2) or more of the following: Buttons and Buttonhole, Fasteners, Interfacing/Underlining, Lining, Pockets, Sleeves, Zipper.

Sewn Fashion Accessory with closure/fastener and seams. (Examples: hat/earmuffs, wallet, bag/purse/backpack, costume accessory (such as gloves, apron, etc.), textile-based jewelry, or any similar sewn accessory.

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.)

“Recycled/Upcycled” Apparel/Garment/Fashion Accessory with before and after (garment/accessory 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 Continued

Grades 9th –12th

One-piece lined or unlined garment (pants, skirt, coat, jacket, dress, jumpsuit, uniform, formalwear, costume, or any other similar garment) with two (2) or more of the following: Collar/Cuff, Buttons and Buttonholes, Fasteners, Hem, Interfacing/Under lining/Interlining, Lining, Seam, Seam/Finish, Zipper.

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 with two (2) or more of the following: Collar/Cuff, Buttons and Buttonholes, Fasteners, Hem, Interfacing/Under lining/Interlining, Lining, Seam, Seam/Finish, Zipper

Sewn Fashion Accessory with closure/fastener and seams. (Examples: hat/earmuffs, wallet, bag/purse/backpack, costume accessory (such as gloves, apron, etc) textile-based jewelry, or any similar sewn accessory.

Functional 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.” MUST 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. (Examples of fashion accessories or garment: apron/tidy-top; garment adaptation; mastectomy pillow; cancer cap/hat; slippers/shoes; wheelchair - coat, gloves, backpack, cell phone caddy; etc

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. Exhibit must include before and after (garment being worn) pictures and a written description of the design and construction process/steps the member undertook.

All Grades:

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. See Design Portfolio instructions. All Portfolios, regardless of grade, will be judged together.



Life is a seam of endless possibilities!

Appropriate Dress

**Contest: Thursday
May 1st, 2025
Time: 5:30pm
Place: Extension Office**



**QR Code for Pre-Entry
Due by: Thursday, 4/24/2025**

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) Jr. (grades 3rd, 4th & 5th)
Intermediate (grades 6th, 7th & 8th) Sr. (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 are acceptable.

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 NOT allowed.

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

Shirts- Collared shirt

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.

Appropriate Dress Contest Continued

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 is optional.

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.



Style is a way to say who you are without
having to speak.

Consumer Buying

**Contest: Thursday
May 1st, 2025
Time: 5:30pm
Place: Extension Office**



**QR Code for Pre- Entry
Due by: Thursday, 4/24/2025**

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: Jr. (grades 3rd, 4th & 5th)
Sr. (grades 9th, 10th, 11th & 12th)

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

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.

The art of saving money is the art of living wisely.

Oprah Winfrey

Money management is a skill that is needed throughout life. The 4-H Consumer Education projects helps youth:

- ◆ Learn the difference between wants & needs
- ◆ Identify, set and evaluate financial goals
- ◆ Track expenses & income



A budget is telling your money where to go, not wondering where it went.

Dave Ramsey

Best of Baking

**Contest: Thursday
May 29th 2025
Time: 5:30pm
Place: Extension Office**

Best of Baking

General Description: This contest is to promote youth learning techniques of baking.

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) |

Jr. (3rd, 4th & 5th Grade)

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

Sr.(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

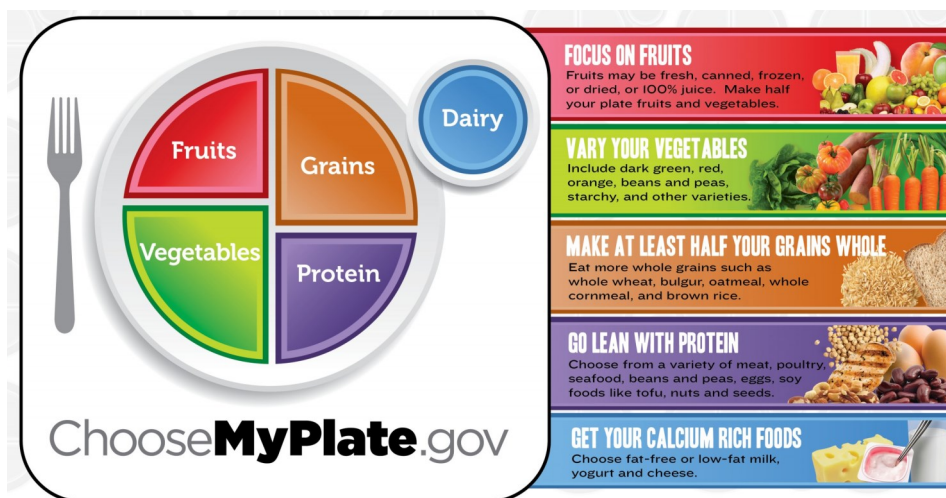
- | | |
|---|--|
| 1. Shortening Cake | 2. Other (Example: Angle Food, Sponge) |
| 3 Creative Cake (using a mix as a base) | |

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 | |



Cupcake Wars

**Contest: Thursday
May 29th, 2025
Time: 5:30pm
Place: Extension Office**



**QR Code for Pre-Entry
Due by: Thursday, 5/22/2025**

Cupcake Wars

Ages: Cloverbuds (5 to 8 years old)
Intermediate (grades 6th, 7th & 8th)

Jr. (grades 3rd, 4th & 5th)
Sr. (grades 9th, 10th, 11th & 12th)

RULES OF PLAY

Teams will consist of 2-3 team members.

- Each team will display three cupcakes.
- Each team will bring “naked” cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.
- Frosting can be either store bought or homemade. Icing may be tinted and in piping bags or bowls prior to the contest.
- If teams are using fondant, they can use either homemade or purchased fondant. Teams are allowed to purchase tinted (colored) fondant to use or may tint fondant off site.
- Teams are allowed to use purchased edible decorating items. Only edible items can be used on the cupcakes.

1. Each team will have thirty minutes to prepare the dish, and clean up the preparation area. The contest official will remind contestants of time at 10 minutes, 5 minutes, and 1 minute remaining

2. Teams are allowed to bring their presentation scripts with them. 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.

3. Each team must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment. NO preparation dishes or serving dishes are to be cleaned on the fairground premises. Electricity will not be available at the contest. Teams should select their recipe with this in mind.

4. Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.



Cupcake Wars Continued

5. Presentation: When time is called, each team will present their dish and provide the following information:

Introduction of all team members including club

Steps in creating their cupcake display

Safety when decorating

How they worked together as a team to finish their display.

All team members m

Judging time will include:

Four minutes for the presentation (THERE WILL BE NO TASTING)

No talking and no writing allowed among any team members while waiting to give the team presentation. (this can lead to disqualification of the team)

The judges may ask questions during the presentation time.

6. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should not plan to have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Leftover food should be disposed of properly.



County Medals

Contact your local club leader for their due date

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:

Jr. (grades 3rd, 4th & 5th) Intermediate (grades 6th, 7th & 8th)

Sr. (grades 9th, 10th, 11th & 12th)

Members may only receive 2 medals per year.

County Medal Form can be found on Page 43



Excellence Awards

Due: Thursday, 6/12/2025
Time: 4:30pm
Place: Extension Office

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 Form is on page 44

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.

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

The following questions should be answered on additional pages

- 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. Civic Engagement** (must complete at least one civic engagement 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
Jr. - (3rd –7th grades)

State Record Book.
Sr. - (8th—12th grade)

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		

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.

The following questions should be answered on additional pages

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. **Civic Engagement** (must complete at least 3 civic engagement activities)

Project Related Civic Engagement Activities:

Other Civic Engagement 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)

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. Youth 3rd—7th grade are encouraged to complete a county record book. Members 8th—12th grade are encouraged to complete at State Record Book, they may complete a county record book if they do not wish to compete on the state level.

The following information is for County Record Books ONLY

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 a 4-H Story and photos.

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—On page 44
- Monthly Reporting Form (up to 12 months) - On page 45 & 46
- 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.



Grady County Record Book
(for use by 3rd – 7th 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

4-H Record Book – Monthly reporting for

, 2024/2025

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:

Amount of Money Earned & How it was Earned:

Tours/Workshops Attended:

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)

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)

4-H Record Book – Monthly reporting for

, 2024/2025

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

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

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

State Record Books

Monday, 4/7/2025

Via: Email
Liz.taylor10@okstate.edu

Oklahoma 4-H gives over \$160,000 in scholarship to 4-H members every year. The majority of them are for outstanding work in a 4-H project area. State 4-H Record Books are for youth who are in the 8th grade and older. The State Record Book covers a 4-H members entire 4-H career, not just the current year.

Unless you have impeccable records and are a wiz on the computer, a State Record Book requires quite a bit of time. Youth interested in completing a State Record Book are encouraged to start early. Christmas break is a great time to start especially if your record are not complete. After Thanksgiving, you can set up an appointment with Liz for help with your state record book.

The State 4-H Record Book includes:

Oklahoma 4-H Report Form

Story—up to 6 pages, double spaced, 12 point font

Photo Section - up to 3 pages of action photos

For more details about the State Record Book contact Liz Taylor or consult the Oklahoma 4-H website: [Oklahoma 4-H Record Book and Scholarship Information | Oklahoma State University \(okstate.edu\)](http://Oklahoma 4-H Record Book and Scholarship Information | Oklahoma State University (okstate.edu))

Awards Based Upon the State Record Book

Must complete a State Record Book along with other requirements to be eligible

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.

Justice Civic Engagement Award

This award is based on a Senior 4-H'ers 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 Lowe & Brad Boles

**Awards Based
Upon the
State Record Book**

**Must complete a State
Record Book along with
other requirements to be
eligible**

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. The top scoring record book from State Record Book judging will be used as their Hall of Fame interview.

Sponsors: David Sikes 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.

Citizenship Washington Focus (CWF)*

This is a 10 or 11 day bus trip to Washington D.C. with 4-H members from across Oklahoma. Once at the conference youth will join hundreds of 4-H'ers from across the nation to discuss and promote the things that really matter. Citizenship reflects the role we play as citizens. During the week, we work to become involved members of the community by discussing problems our society faces. As well as visit many of the historical sites and museums in our nation's capitol. It is regarded by many as the premium 4-H travel experience. Grady County 4-H will select and pay for 1 member to attend and may choose an alternate who may be able to attend at their expense.

New Mexico Senior Leadership Trip*

The New Mexico Senior Leadership Retreat is an exciting opportunity for Oklahoma youth to participate in leadership workshops, career exploration field trips, cultural tours and network with 4-H youth from New Mexico. Grady County will select and pay for 1 member to attend and may choose an alternate who may be able to attend at their expense.

*** Members are can only attend 1 trip paid by the county in a 4-H year (August 1st through July 31st)**



Club Books

**Contest: Thursday,
6/12/2025
Time: 4:30pm
Place: Extension Office**

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. 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.
2. President’s Book must be completed and turned in. The President’s Book will include the local club’s yearly plan and agendas.
3. Club Scrapbook complete and submitted by the published deadline.
4. Participate in the County Fund Raiser
5. 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.





More details on these events will be sent out in the emailed newsletter when they are available.

Spring Trap Shoot

Planned for May, a date has not been determined - Clinton and Enid are the locations that have been chosen.

West District South Region Horse Show

Friday, June 6th and Saturday, June 7th, 2025 - Canadian County Fairground - El Reno

State Record Book Interview

Tuesday, June 10th, 2025 - OSU Campus, Stillwater - Times of interviews vary

State Parent Volunteer Conference

Usually the 3rd Saturday in June on the OSU Campus. A Pre-Conference activities on Friday may be offered as well. This is an excellent Volunteer experience.

Discovery Days

Explore a variety of 4-H projects in a one day event designed for 9 to 12 year old members.

Tuesday, June 24th, 2025 - Woodward County Fairgrounds - Woodward

District Contest Days

A number of district contests will be available for youth to participate including: Food Show-down (county winners), Cupcake Wars, Table Setting, Livestock Quiz Bowl, Animal Science Skill-a-Thon and FCS Skill-a-Thon.

Tuesday, July 1st, 2025 - Location TBD

State 4-H Round-Up

This conference is held on the OSU Campus for youth who have completed the 7th grade through 12th grade. It includes workshops, contests and Honor Night where members are recognized for their outstanding record books and project work.

Tuesday through Friday, July 22nd—25th, 2025

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."