

THE MAYES COUNTY 4-H HANDBOOK

Dear 4-H Family:

The Mayes County 4-H handbook has been prepared for the purpose of informing 4-H members and their parents about the Mayes County 4-H Program. This handbook includes answers to many questions you may have about 4-H, including how to become involved and a list of 4-H events and rules. The key to a successful 4-H experience is an interested and informed parent. Hopefully, this handbook will assist you in achieving your goals.

A calendar including all the dates and times for the entire year is published at the beginning of each 4-H year. All dates are subject to change. The Mayes County 4-H Mass Emailing from 4-H Educator, Lisa Nicholson, Facebook Page (Mayes County 4-H), Newsletter, and County Website will have the most current dates and times. Local clubs also have their own Facebook pages/groups where they will post important information for their members. If you do not have social media, please contact your club leader to make sure you are on their email list to get information for you. Please feel free to contact the Mayes County OSU Extension Office at (918) 825-3241 if you have any additional questions.

REMEMBER:

1. Parents, please offer your assistance to your club volunteers. They can always use some help.
2. Information on county events is provided here; so, plan now – start working on your projects.
3. Information on changes, workshops, new activities, and short courses will be included in the County 4-H Mass Emails, Newsletter, posted on the website and Facebook page, and/or distributed prior to the event by your 4-H leader or can be picked up at the Extension Office.
4. Information for the County and State Fairs, Summer Livestock Events, and other Animal Events are available in the respective catalogues and leaflets. Prior to the event, come by the Mayes Count Extension Office or contact your local 4-H leader for more information.

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4-H MISSION STATEMENT

“Oklahoma 4-H is dedicated to helping Oklahoma youth, families, and communities reach their full potential. By providing hands-on programming and events in a large variety of projects, 4-H is not only helping youth learn the life skills they need to be the leaders of tomorrow, but it is also teaching its members they can lead today and can make tangible, significant changes in their clubs, their communities, their state, and their world.”

4-H PLEDGE

‘I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.’”

4-H EMBLEM

The green four-leaf clover has a white “H” on each leaf to represent one of the Four H’s—Head, Heart, Hands, and Health.

4-H COLORS

White symbolizes purity and high ideals. Green is nature’s most common color and is emblematic of springtime, life, youth, and growth.

4-H MOTTO

“To make the best better.”

4-H SLOGAN

“Learn by Doing”

4-H CLUB WORK

The 4-H club year begins August 1 and ends July 31 in Mayes County. This is not the same as the 4-H enrollment year which runs from August 1 – July 31. Payne County 4-H membership offers any youth (5-19 years of age) an opportunity for year around involvement. Urban and rural youth may join a community and/or project 4-H club. Volunteer adults and county officers help members:

- Select projects – any of over 50
- Hold meetings – serve as an officer
- Make exhibits
- win ribbons and trips
- Learn public speaking
- Learn decision making through judging livestock, horse, meats, land, clothing, horticulture, poultry, ect.
- Participation in events
- Summer Camp, Food Showdown, County Events & Activities, and others
- Keep project records
- Have fun
- recreation and new friends
- Develop into worthwhile and useful citizens

Club members are expected to complete projects of their choice in their homes or on their farms, on their own and with the supervision of parents and club leaders. In addition, club members are to attend and participate in 4-H club meetings and activities.

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Mayes County 4-H Clubs



Adair 4-H Club

Meets: Once monthly - Contact leader for dates
Where: Adair Ag Building
Time: 6 p.m.
Leader: Joyce Ambros
Leader email: ambrosclublambs@gmail.com
Leader Phone: (405) 762-9442

Osage 4-H Club

Meets: The third Tuesday of each month
Where: Osage Elementary
Time: 4 p.m.
Leader: Betty Roberts
Leader email: bettythomas4940@yahoo.com
Leader Phone: (918) 805-2161

Bradford 4-H Club

Meets: The first Wednesday of each month
Where: Mayes County Event Center Auditorium
Time: 3:50 p.m.
Leader: Kelly Obrien
Leader email: Kelly@pacificcreditservices.com
Leader Phone: (707) 301-6095

Pryor 4-H Club

Meets: The third Monday of each month
Where: Mayes County Event Center Auditorium
Time: 6:30 p.m.
Leader: Donna Anderson
Leader email: Donnac@health.ok.gov
Leader Phone: (918)864-5151

Chouteau 4-H Club

Meets:
Where:
Time:
Leader:
Leader email:
Leader Phone:

Looking for a Club leader

Salina 4-H Club

Meets: The second Monday of each month
Where: Salina Ag Building
Time: 6 p.m.
Leader: Stephanie Perry
Leader email: Stephanie.perry5683@gmail.com
Leader Phone: (760)987-1101

Locust Grove 4-H Club

Meets: The third Wednesday of each month
Where: Locust Grove Upper Elementary Room 209
Time: 4:15 p.m.
Leader: Linda Rhodes
Leader email: rhodescrew43@yahoo.com
Leader Phone: (918) 381-4168

Mayes County 4-H

County 4-H Educator: Lisa Nicholson
Email: lisa.nicholson@okstate.edu
Phone: (918)825-3241



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MAYES COUNTY COUNCIL

The adult leadership council consists of the Parent-Volunteer Association which is an organized body of 4-H volunteers and parents/guardians who provide program assistance and leadership at the county level. Many county committees may stem from this group. The Association meets quarterly throughout the 4-H year with a special On-trac planning meeting before the beginning of each year. Special meetings may be called as needed. Meetings are always held on the first Monday in August, November, February, and May at 6 p.m. Meeting dates will be posted each August.

Teen Leadership Council- this council is usually composed of senior officers/members from each club, headed by the elected county 4-H youth officers. The group functions in program assistance and leadership at the county level, working in cooperation with the Parent-Volunteer Association and county Extension Educators.

Mayes County Extension

2200 NE 1st St.

Pryor, Ok 74361

(918)825-3241

<https://extension.okstate.edu/county/mayes/>

Visit our Facebook page at Mayes County 4-H

<https://www.facebook.com/MayesCounty4H>

OSU Extension Staff

Extension Educator, 4-H Youth Development.....Lisa
Nicholson

Extension Educator, Family and Consumer Science.....April
Hauenstein

Extension Educator, Agriculture, CED.....Mike
Rose

Extension Program
Assistant.....Logan Courtney

Extension Administrative Support Specialist.....Melissa
McClendon

GUIDELINES CONCERNING 4-H ENROLLMENT IN MAYES COUNTY

Members must reside or attend school in Mayes County.

Grade for Enrollment: 4-H age will be determined by the youth's public-school grade as of September 1 each year. A child's "grade division" will not change until re-enrollment on August 1. Youth may enroll in 4-H on August 1 if they are 8 AND in the 3rd grade on September 1. If they turn 8 after September 1 and are in 3rd grade, they will not be eligible to enroll as a 4-H member until the next 4-H year, but they may participate as a Cloverbud. When a child turns 9, they may join as a 4-H member regardless of grade level. 4-H membership ends on July 31 following the completion of the 12th grade, equivalent of 12th grade, GED or having reached the age of 19 on or before September 1, whichever comes first. Graduated high school seniors may complete their 4-H career by exhibiting in the fall fairs.

4-H Cloverbud (K-2nd Grade) Program: The Cloverbud program is family-oriented and non-competitive. Due to the developmental skills of this age group, Cloverbud members will not be permitted to participate in events where they or their projects are compared or judged against their peers. Research has shown children in this age range have unique learning characteristics and developmental needs different than older youth. Cloverbud programs are activity focused, not project-focused and built on cooperative rather than competitive learning. Cloverbud members may only participate in non-competitive activities on a local or county basis as deemed appropriate by the OSU Extension Staff and Parent-Volunteer Association/Council. District and state activities will not be provided for Cloverbuds.

Enrollment Requirements for Participation: To compete in 4-H events and contests, youth must have been enrolled for 30 days prior to the event. Some events may have additional age/grade classifications as well as enrollment requirements. The family is responsible for obtaining the rules and guidelines from the sponsoring body of any event they choose to participate.

Annual Enrollment: The 4-H year in Oklahoma begins August 1 and ends July 31 of the following year. All enrollment becomes "inactive" August 1 each year, no matter the date enrolled. The ZSuites Data Management System will annually close for maintenance and updates in the month of July and no new enrollment will be accepted during this time. To enroll, go to <https://4h.zsuite.org>.

Loss of Membership: Membership in 4-H is a privilege and may be denied to or withdrawn from persons who have exhibited any of the following behavior(s): Convicted of a crime, banned from school or school-related programs or another organization, violated the 4-H Code of Conduct, exhibited behavior that may discredit the image of the 4-H program, placed another individual or animal at undue risk, violated published rules or guidelines governing the 4-H affiliated events or activities.

Program Fee: A 4-H Program Fee was implemented September 1, 2016. The cost is \$20 per year and applies to all 4-H youth enrollment (Cloverbuds and 4-H members).

- If a youth is enrolled between August 1 and July 31 of the 4-H year, the full \$20 fee will be collected. There will be no pro-rated fee based on enrollment date.
- There will be no refunds issued once enrollment has been approved.
- **The payment must be remitted to the Mayes County Extension Office within 30 days of enrollment, or the enrollment will be rolled back to inactive or new enrollment will be deleted.**
- The program fee can be paid a) Online by credit/ debit card; b) Cash/check/money order made out to the Mayes County Agency Fund brought to the county Extension office; c) 4-H club or another organization; or d) Requesting financial assistance through the Extension office.
- The 4-H program fee is based on an individual's membership, not by club. Members are required to submit only one program fee annually through their primary 4-H club. Families with three or more children will pay a maximum of \$60 in 4-H program fees. The definition of family is identified as children living at the same address.
- No child will be denied the opportunity to enroll in 4-H due to the inability to pay. Be it understood, the enrollment process is not complete (which means "Active") until the fee is paid. Contact the county Extension office about local scholarships or opportunities for satisfying the program fee requirement. A scholarship application is posted at: <https://bit.ly/3PDjLuU>

4-H Adult Volunteer Enrollment and Certification: Serving as a volunteer with the Oklahoma 4-H Program is a privilege. Volunteers serve at the pleasure of the Oklahoma Cooperative Extension Service and Oklahoma State University. A breach in the Volunteer Behavioral Guidelines or any other established rules/guidelines is grounds for immediate dismissal as a 4-H volunteer. Active Enrollment Status: An individual who

- Meets the age requirement (21+).
- Completed a certification process: enrollment, application, background check, training, and approval process.
- Annually completes the 4-H enrollment process through Zsuite enrollment system.
- Annually complete the required continuing education, including Working with Minors and Civil Rights Diversity Trainings.
- On a regular interval, all volunteers will be re-certified completing the certification process.
- 4-H Program Insurance: Only certified volunteers who have completed enrollment criteria will be covered by 4-H program insurance.

WHY IS IT IMPORTANT TO INVOLVE PARENTS IN 4-H CLUBS?

IT IS IMPORTANT TO THE 4-H MEMBER:

With parents participating in the club, the 4-H member gains support, confidence, assistance, and a feeling of security that they might not have had otherwise.

IT IS IMPORTANT TO THE 4-H PARENT:

Participation in the 4-H clubs can give parents a feeling of contribution to their community, being helpful to young people and value.

Being involved also keeps participants and parents informed of events, activities, and additional opportunities.

IT IS IMPORTANT TO THE LEADER:

4-H parents can serve 4-H leaders with time and work. Parents can provide skills that club leaders may lack.

HOW CAN LEADERS INTEREST PARENTS IN PARTICIPATING IN THE CLUB PROGRAM?

1. Get parents to attend club organizational meetings.
 - a. Explain what 4-H club work is
 - b. Explain what is expected of a 4-H member
 - c. Explain how the parent can be of help
2. Hold special parent meetings.
3. Home visits and telephone calls by local 4-H leaders to parents.
4. Both leaders and members invite parents to attend meetings and events.
5. Be specific when asking parents for help and be sure it is meaningful help, they are asked to give.
6. Ask parents to serve on advisory councils to local leaders.

WHAT CAN PARENTS DO TO SUPPORT AND/OR HELP IN THE 4-H CLUB PROGRAM?

1. Hold 4-H club meetings.
2. Help members select, finance, and manage their project.
3. Encourage record keeping.
4. Help club members get to club meetings and events.
5. Attend club meetings and events.
6. Help plan the club program.
7. Serve on committees to help plan and conduct events.
8. Share special talents (piano playing, song leaders, flower arranging, ect.)
9. Help leaders conduct project work.

LOCAL 4-H LEADERSHIP POSITIONS

ORGANIZATIONAL CLUB LEADER:

These leaders provide the basic overall leadership for 4-H clubs. Volunteer leaders coordinate the club's programs, giving general guidance and leadership. Communication with 4-H members, other local leaders, and community and county extension staff is a key responsibility of the organizational leader.

PROJECT LEADER:

Project work is the tool that 4-H primarily uses to develop growth. Project leaders provide expertise, experience or simply leadership in the project areas as they work with members. These leaders form local project groups for the in-depth work in a specified project.

ACTIVITY LEADER:

Activity leaders help organize local activities for the 4-H to enhance the learning and development of the 4-H members. An activity leader also provides local 4-H members with the help they need in participating in county activities such as the Speech Contest, Impressive Dress and Cupcake Wars.

TEEN LEADER:

A teen leader is a senior 4-H member who assists with local 4-H programs. There are various levels of responsibility which a teen leader may assume. A teen leader may simply assist an organizational leader with 4-H enrollment or with other leadership tasks as requested by local project and activity leaders. As they acquire experience and training, teen leaders may become the project or activity leader for a local club.

RESOURCE LEADER:

A resource leader is a volunteer who assists the 4-H program on a short-term basis in local and/or county situations. The resource leader may be an instructor for a special interest program, a guest speaker for a 4-H club program or may assist in many other ways.

HOW TO BECOME A LEADER:

To become a Mayes County leader, an individual must complete a 4-H Volunteer Certification Application, undergo a background check, and attend volunteer orientation. Contact Lisa Nicholson at the Mayes County OSU Extension Office for the application.

TO MAINTAIN LEADER STATUS:

To maintain status, certified volunteers must attend quarterly Parent-Volunteer meetings, complete four hours of training annually, as well as Working with Minors and Civil Rights Diversity.

If you are interested in becoming a club leader, volunteer, or starting a project club in Mayes County 4-H, please contact the Mayes County Extension Office at (918)825-3241 or stop by 2200 NE 1st St – Pryor, OK 74361

TEEN LEADERSHIP COUNCIL INFORMATION SHEET

OBJECTIVES:

- Make 4-H more visible across Mayes County.
- Maintain relations with 4-H alumni and supporters.
- Help 4-H members understand and tell the 4-H story.
- Represent Mayes Co. 4-H at selected public events and at local and county 4-H Programs.

ROLES AND FUNCTIONS:

- Supplement county efforts by attending events and providing leadership to members.
- Create media relations across the county by writing articles for newspapers.
- Contact people within the political system (legislators, county, budget boards, etc.) Speakers to share experience, advice, etc. at 4-H camps, club meetings, etc.
- Trainers to educate members via workshops, educational trainings, etc.

EXPECTATIONS:

- Prepare and lead a workshop at the county level or higher.
- Attend a club meeting other than clubs that they are associated with.
- Give a speech at the county level or higher.
- Attend Officer Retreat and Training
Attend 90% of Youth Officer Meetings

WHO CAN BE A COUNTY OFFICER?

- Must be enrolled in Mayes County 4-H.
- Must be available within the county during the year elected to carry out duties of the office.
- Must have turned in a county 4-H Record Book to the OSU Extension Office.
- Candidates should apply for County Office by the deadline for County Record Books.
- The Newly Elected County Officers will be installed at the Achievement banquet before adjournment.
- Must continue to meet all requirements and duties verified in the constitution. Failure to do so will result in removal from office.
- Contact the Mayes County Extension Office for the Teen Leader Officer Rules and Guidelines.

Election Information

Officer candidates that wish to apply for a Mayes County 4-H Officer position will need to fill out a "Teen Leader Officer Application" due the same day as record books and return to the Extension Office. Officer candidates will be required to complete an interview and give a campaign speech as part of the selection process.

All requirements, duties, expectations, etc. regarding the county youth officer team are at the discretion of the County 4-H Educator and are subject to change at any time.

4-H PROJECT MEDALS

The following is a list of the criteria which will be used to determine county awards in all 4-H projects. All criteria must be completed to earn the desired medal. A medal may be received more than once in any project area. Project awards, based on the record book, are given to 4-H members each year at the 4-H banquet. 4-H'ers may earn up to three (3) project medals per year.

Participation/Gatesign

- Complete a 4-H record book.
- Write a 4-H story (at least a ½ page)
- Learn at least 1 thing related to a project.
- Does not meet criteria for Green Clover or Bronze medal.
- Be an enrolled member of a 4-H club and attend 2 club meetings.
May receive only once*

Green Clover

- Complete a 4-H record book.
- Write a 4-H story (at least a ½ page)
- Participate in 1 county level event*
- Prepare at least one item for exhibit in county fair (each livestock species will count as one exhibit only).
- Include 1 picture page of 4-H work.
- Participate in 1 citizenship activity.
- Be an enrolled member of a 4-H club and attend 2 club meetings.

Bronze

- Complete a 4-H record book.
- Write a 4-H story (at least ½ a page)
- Participate in 2 county level 4-H events *
- Be involved in 1 citizenship project.
- Provide at least 1 form of leadership.
- Learn 3 new things as a result of this project.
- Give 1 speech or illustrated talk.
- Prepare at least 1 item for exhibit at county fair (each livestock species will count as one exhibit only).
- Include 1 picture page of 4-H work.
- Be an enrolled member of a 4-H club and attend 3 club meetings.

Silver

- Complete a 4-H record book.
- Write a 4-H story (at least 1 page)
- Participate in three county level 4-H events*
- Be involved in one citizenship activity.
- Provide at least two forms of leadership to others. One must be a workshop in the project area.
- Learn four new things as a result of this project.
- Give one speech or an illustrated presentation related to a project; can be given at club meetings, civic groups, or county 4-H events.
- Prepare at least two items for exhibit at county fair (each livestock species will count as one exhibit only).
- Include two picture pages of 4-H work.
- Be an enrolled member of a 4-H club and attend three club meetings.

Gold

- Complete a 4-H record book.
- Write a 4-H story (at least one page)-Recommended Juniors- two pages, Seniors- three pages.
- Participate in four county events*
- Be involved in two citizenship activities- one related to project area.
- Provide at least three forms of leadership to others. Two must be a workshop in the project area.
- Learn five new things as a result of this project.
- Give two speeches or illustrated presentation- one related to project over any topic; can be given at club meetings, civic groups, or county 4-H events.
- Prepare at least three items for exhibit at the county fair (each livestock species will count as one exhibit only).
- Include three picture pages of 4-H work.
- Be an enrolled member of a 4-H club and attend three club meetings.

***County Events:** County Fair, Pumpkin Show, Impressive Dress, Fashion Revue, Speech Contest, Food Showdown, Cupcake Wars, 4-H Camp, Workshop Days, Fun Shop Presenter, Christmas Party.

Special Awards

Requirements

- Submit county or state record book.
- Awards can be received only one time except for Secretary, Blue Award Group, and Club Citizenship.
- Must receive a bronze, silver, or gold project medal to be eligible.
- Other requirements are listed under each category.
- **Juniors Grades-3-7**
- **Seniors Grades- 8-12**

FIRST YEAR MEMBERS AWARD

This award recognizes one or two first year members that have participated and achieved in their projects and activities.

Requirements:

- Must be a beginner, grades 3-5, that is completing their first full year of 4-H work.
- Must have completed a full or entire year of 4-H work.
- This award can only be received one time.

OUTSTANDING JUNIOR RECORD BOOK AWARD

This award recognizes one or two outstanding junior members submitting the best 4-H record book for county competition.

Requirements:

- Must be in grades 3-7 as of Sept. 1 of the current 4-H year.
- This award can only be received one time.

JUNIOR LEADERSHIP AWARD

This award recognizes one or two outstanding junior members who have shown outstanding leadership at the local level.

Requirements:

- Must be in grades 3-7 of Sept. 1 of the current 4-H year.
- Submit a handwritten report on leadership activities not to exceed two pages.
- This award can only be received one time.

JUNIOR PARTICIPATION AWARD

This award recognizes one or two 4-H members and encourages participation in 4-H activities and events among junior 4-H members.

Requirements:

- Must be in 7th grade of year receiving the award.
- Complete two or more years of project work.
- This award can only be received one time.

MAYES COUNTY OUTSTANDING JR. 4-H MEMBER AWARD

This award recognizes one or two outstanding youth in Mayes County who have achieved on a local and county level and have shown progressive growth and leadership development in their 4-H work.

Requirements:

- Must be in grades 3-7 as of Sept. 1 of the current 4-H year.
- A 4-H member who participates on a local and county basis in a wide variety of educational programs and activities.
- Applicants' record books will be judged on overall participation in achievement, leadership, and citizenship.
- This award can only be received one time.

FIRST YEAR SENIOR ACHIEVEMENT AWARD

This award recognizes one or two senior first year 4-H members who have shown outstanding achievement in their 4-H work.

Requirements:

- Must be in grades 8-12 as of Sept. 1 of the current 4-H year.
- Must have completed one full year as a senior 4-H member.
- Completed two or more years of club work.
- This award can only be received one time.

FRESHMAN ACHIEVEMENT AWARD

This award recognizes one or two freshman members who have shown achievement in 4-H projects and activities.

Requirements:

- Must have completed 9th grade.
- Must have completed three or more years of club work.
- This award can only be received one time.

BLUE GROUP AWARD

This award recognizes members in Mayes County that have demonstrated outstanding achievement.

Requirements:

- Must be in 9-12 grade.
- Up to eight members can be selected.
- Must receive a bronze, silver, or gold award in project area for the current year.
- May be included in Blue Award Group more than one year.

SENIOR HALL OF FAME AWARD

This award recognizes one or two members that demonstrate outstanding, long-term achievement in 4-H. These individuals must have achieved a high level of success over multiple years throughout their 4-H career.

Requirements:

- Must be in 9-12 grade.
- Must be in Blue Award Group
- Completed two or more entire years of club work in Mayes County.
- This award can only be received one time.

MARATHON AWARD

Recognizes a senior 4-H member that has previously won the Senior Hall of Fame Award and continued to be actively involved in 4-H and turned in a county or state record book. This award can only be received one time.

SENIOR LEADERSHIP AWARD

This award is given to one or two senior 4-H members who demonstrate achievement in leadership at the local, county or state level.

Requirements:

- Submit a narrative of leadership program not to exceed two pages.
- Cannot receive this award and Hall of Fame or Senior Achievement in the same year.
- Must be in the Blue Award Group or a past Hall of Fame winner. Members can receive this award the first year they are selected for the Blue Group Award.
- This award can only be received one time.

SENIOR ACHEVEMENT AWARD

This award recognizes one or two senior 4-H members for outstanding achievement in all areas of 4-H work.

Requirements:

- Must be in the Blue Award Group or past Hall of Fame winners. Members can receive this award the first year they are selected for the Blue Award Group.
- Completed two or more years of club work in Mayes County.
- Cannot receive this award, Leadership Award, or Hall of Fame in the same year.
- This award can only be received one time.

MAYES COUNTY 4-H SPECIAL AWARDS

DANFORTH "I DARE YOU" AWARD:

Two Outstanding Senior 4-H Members 10-12 grade, who possess leadership qualities. This award can only be received one time.

SECRETARY AWARD

This award recognizes one Jr. member (grades 3-7) and one Sr. Member (grades 8-12) 4-H club secretary for their performance of duties. Applicant must currently be serving as their club's secretary and submit a local club secretary book with county record book. This award may be won more than one time.

COMMUNITY SERVICE CLUB AWARD

This award recognizes a 4-H club for an outstanding citizenship program. Club must submit a typewritten report not to exceed four pages, double-spaced, and gives details of club's projects due in the county office on date county record books are due. Report may include newspaper clippings or pictures. Clubs may win this award more than once.

LIVESTOCK ACHIEVEMENT AWARD

This award recognizes a 4-H member in 7th-12th grade for outstanding project work in the livestock project area. Based on livestock achievement for the year that the record book is turned in. This award can only be received one time.

FOOD AND NUTRITION AWARD

This award recognizes a 4-H member in 7th-12th grade for outstanding project work in the area of food and nutrition. Based on overall food and nutrition record in areas of canning, freezing, preparation, demonstration, fair entries, workshops, and achievements for year that the record book is turned in. This award can only be received one time.

FAMILY AND CONSUMER SCIENCE AWARD

This award recognizes a 4-H member in 7th-12th grade who has excelled in projects such as fashion and fabrics, fashion revue, and impressive dress. Based on overall clothing record including speeches, fair exhibits, workshops, and achievements for the year the book is turned in. This award can only be received one time.

CITIZENSHIP WASHINGTON FOCUS

Citizenship Washington Focus is a 4-H leadership program for high school youth. For seven weeks of the summer, delegations of 4-H members from across the country attend this exceptional program at the National 4-H Youth Conference Center, located just outside Washington, D.C. The program is aimed at enriching young people's lives by broadening their appreciation and respect for themselves and others in the world. Participants attend workshops, committees, field trips and social events, giving them hands-on opportunities to learn and grow. Participants learn and practice skills that will make them better citizens and more successful individuals.

NEW MEXICO SENIOR LEADERSHIP RETREAT

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. Members will be traveling to Las Cruces, New Mexico and are making plans to see Carlsbad Caverns and White Sands National Park along the way. Additionally, there will be lots of opportunities to make new friends, participate in community service programs, dance, play games and have fun!

SPECIAL PROJECT AWARDS

There are special awards available for 4-H'ers who present Demonstration presentations in certain project areas (listed below.) The presentations must be of blue-ribbon quality AND presented at the county level or higher. Winners will be recognized and receive special awards at the County Achievement Banquet.

Breads: A senior team and one individual demonstration is eligible and one junior team, and one individual demonstration is eligible to receive awards. A 4-H member may receive the bread award only one time as a junior member and one time as a senior member. Awards donor: The Shawnee Milling Company - Shawnee, Oklahoma

Dairy Products: One team and one individual of a Dairy Products illustrated presentation are eligible to receive awards. A 4-H member may receive the Dairy Products award only one time during their 4-H career. Awards donor: The Associated Milk Producers, Oklahoma Division Oklahoma City, Oklahoma

Peanut Production or Foods: Two individual presentations or one team are eligible to receive awards. A 4-H member may receive the Peanut Production or Foods award only one time during their 4-H career. Award donor: Oklahoma Peanut Commission

Pork Promotion: One individual presentation is eligible to receive this award. A 4-H member may only receive this award once in his or her career. Winners must present a pork-related presentation that promotes pork as a food, not only the production. The winner must also complete the Oklahoma Pork Council Award application. Donor: Oklahoma Pork Council

Water Conservation: One individual demonstration is eligible to receive this award. A 4-H member must give their demonstration on water conservation, protection, and utilization. Donor: Oklahoma Water Resources Board

BEEF SPS (Selecting, Preparing and Serving): One Junior and one Senior Winner. Awards are \$25. **4-H Member will present a demonstration using beef and covering one of the following topics: Beef Promotion, Beef Selecting and Preparing (cuts and cooking methods), Beef Safety (preparing/cooking/serving), or Beef Nutrition. Junior (3rd -7th grade) Senior (8th -12th grade) Donor: MT Farms

STATE 4-H AWARDS

More information on State 4-H Awards can be found at <http://4h.okstate.edu/awards>

STATE 4-H RECORD BOOK

To apply for Level I and II State Scholarships members will complete a state 4-H record book. This book includes all the work the member has done in the project area.

A 4-H member must have started the 8th grade in the program year in which he/she entered the project book(s) or special awards program(s). The 4-H member may be no older than 19 years of age by September 1 or have completed their senior in high school of the year he/she entered the project book(s). Members may enter up to two Level I state project books.

If a member is interested in completing a State Book, they are responsible for notifying the Mayes County OSU Extension Office to obtain the appropriate forms. By completing a State 4-H record book, members are eligible for scholarships through the State 4-H Foundation. You should have your State 4-H Record Book to the Extension via email by April 1, for review. The State Record Book is composed of:

- Oklahoma 4-H Certification Form
- Oklahoma 4-H Report Form
- And other necessary forms as mandated by the state 4-H office.

OTHER STATE 4-H SCHOLARSHIPS

Level III and IV Scholarships have separate application requirements which can be found at the address above. Level III is reserved for graduating high school seniors whereas Level IV is specifically geared specifically for undergraduate students who will have completed at least one year of college by the time they are selected for their award.

Pickens Legacy Scholarship is available for those who are planning to attend Oklahoma State University Stillwater campus or are currently enrolled as an OSU student. Applications are due February 1, to the Oklahoma 4-H office.

STATE 4-H HALL OF FAME AND BLUE AWARD GROUP

The Oklahoma 4-H Hall of Fame is designed to recognize Oklahoma 4-H'ers who have developed outstanding programs in 4-H projects – including achievement, leadership, citizenship, and personal development – and who exemplify the high ideals of 4-H work. Blue Award Group nominees will be selected based on participation and accomplishments in projects and activities.

Applicants must be a sophomore, junior or senior in high school by September 1, of the current 4-H year.

- A 4-H member may apply for Oklahoma 4-H Hall of Fame until he/she has reached 19 years of age or completed his/her senior year of high school.
- Must have been an active Oklahoma 4-H member for at least three years in Oklahoma or another state.
- Must have submitted a record book at the state level for at least two years (current year can be included).

NATIONAL 4-H CONGRESS

National 4-H Congress is the flagship event of the 4-H program, typically held the Friday through Tuesday following Thanksgiving each year. Since the 1920s, youth from the United States and its territories have participated in this youth leadership-development conference. The National 4-H Congress provides youth a quality, educational, and cross-cultural experience exceeding what any state independently provides. It is designed to address the needs and issues of youth while helping to develop capable, competent, and caring citizens.

The program is built upon the Cooperative Extension System's belief that young people can be significant partners in addressing the issues that face our nation, especially those affecting youth. Each year a national design team of Extension educators, 4-H youth, and 4-H adult volunteers, analyze current youth issues and determine the most effective ways to address them. The program combines sessions, seminars, discussion groups and a service-learning experience. The nation's most outstanding community leaders, speakers and educators present the most current and timely information available.

The number of Oklahoma delegates selected will be determined based on funding available. Applicants for National Congress must be in 10th or 11th grade at the time of application with enrollment status as ACTIVE in ZSuite. National 4-H Congress can only be awarded once. Applicants must submit the following items (in a folder) by the published deadline:

- National 4-H Congress Application
- Personal résumé (two-page limit)
- One page essay, double spaced, size 12-point font. Content should include "Why I want to attend National 4-H Congress and what I plan to do with the experience(s) when I return home."
- Applicants may also be interviewed by a selection committee if there are more qualified applicants than Oklahoma can send.

OKLAHOMA 4-H KEY CLUB

Since 1950, 4-H Key Club has been recognizing the accomplishments of Oklahoma 4-H members. The club seeks to honor those 4-H members who possess leadership, loyalty, and a sense of responsibility to the total 4-H program. Membership in the Oklahoma 4-H Key Club is an honor extended only to top 4-H members. Once 4-H'ers become Key Club members they accept the obligation to support the 4-H organization throughout their lives, both financially and with their time. Key Club members also strive to stay updated with Oklahoma 4-H and Oklahoma 4-H Key Club.

Qualifications for membership

1. Must be a 4-H member.
2. Must be at least 15 years old or older on September 1 of the current 4-H year in which they apply.
3. Must submit completed application form by the published state record book deadline.
4. Must accumulate the minimum number of points (400) on the application form.
5. Must be approved by the responsible county Cooperative Extension educator.
6. Must make at least one presentation to a 4-H group about Key Club.
7. Must make at least one presentation to a non-4-H group about the 4-H Youth Development Program.

CLOVERBUD & 4-H EVENTS HELD EACH YEAR

To participate in any event, members must be enrolled and in good standing with their local club. Dates, times, and locations for events are set in August of each year. Check the yearly calendar for information.

ACHIEVEMENT BANQUET: The 4-H Achievement Banquet held in August and/or September is the Awards Program for all 4-H'ers receiving special recognition during the past year. To receive an invitation, a member must have turned in a County or State Record Book or received a special award at the County Speech Contest.

MAYES COUNTY FAIR: Refer to annual Mayes County Fair Book for specific information. Fair books are available at www.mayescountyfair.com. Members must have "Active" 4-H enrollment to exhibit in the 4-H.

JUDGING EVENTS: Mayes County 4-H members may participate in numerous judging events including the Tulsa State Fair and Big 3 Field Days in Stillwater which is held in July. Contact your 4-H leader or the County Extension Office for details.

STATE FAIRS: Monitor the Tulsa State Fair website <http://www.tulsastatefair.com> for information regarding livestock exhibits or contact the extension office for dates.

NORTHEAST DISTRICT YOUTH-IN-ACTION CONFERENCE: Two-night, three-day leadership conference built around a general theme. Special instructors are used to teach principles of leadership to 4-H youth from the Northeast District. YIA is held in October, during State Fall Break. Cost will be incurred by member. To attend, delegates must be in the 7th -12th Grade and be active and currently enrolled in the 4-H program.

MAYES COUNTY 4-H IMPRESSIVE DRESS: This event is held in conjunction with the Fashion Revue. It is designed to increase members' awareness of appropriate attire for various events. Garments can be purchased or constructed for the Impressive Dress Competition. Garments must be constructed and modeled for Fashion Revue.

4-H PUMPKIN SHOW: The Pumpkin Show highlights one of fall's most famous crops, the pumpkin! It gives 4-H'ers the opportunity to express their creativity through art, cooking, and decorating all centered around a pumpkin theme.

COUNTY SPEECH CONTEST: Annual county-wide speech contest. Talks and Demonstrations may be presented on any project area. Individuals and teams may compete. All 4-H members and Cloverbuds are encouraged to participate.

FOOD SHOWDOWN: This contest challenges teams of 4-H members to create a dish using unknown predetermined ingredients and common pantry items. From the provided ingredients, team members must use their food and nutrition knowledge, creativity, and leadership skills to prepare a dish and make a presentation to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. This contest allows members to demonstrate their culinary and food safety skills to judges and observers.

CUPCAKE WARS: Teams of 2 decorate and present 3 themed cupcakes to judges. Contestants are judged on knowledge and skill of decorating techniques and baking.

NORTHEAST DISTRICT CONTEST DAYS: Held the first part of June. It is a district contest in which members may compete in speech and talent contests, various skill-a-thons, tractor/ATV driving, livestock and clover quiz bowls, competitive food events, Fabrics and Fashions, and Archery. Some contests require participation in qualifying county events or certifications.

DISCOVERY UNLIMITED: Discovery Unlimited is an overnight youth conference held at Sky Ranch in Cave Springs. Members in the 4th, 5th and 6th grade are eligible to attend. This is often a first leadership experience for many young 4-H members.

SUMMER WORKSHOPS: Look for various workshops throughout the summer. Open to all 4-H youth who are interested in making exhibits for the fall fair, discovering new project areas, and learning new life skills. Watch for newsletters in May for more information. Special workshops geared toward Cloverbuds will also be held.

STATE ADULT VOLUNTEER CONFERENCE: Leaders across the county are encouraged to attend this one-day conference held on the OSU Campus in Stillwater to gain knowledge of the 4-H program, find resources, and acquire new ideas. This conference is generally held during the summer. For more information, contact the OSU Extension office.

STATE 4-H ROUNDUP: A 3-day state-wide leadership conference held on the OSU campus. 4-H members are encouraged to participate in numerous competitive events and attend workshops. Must have completed the 7th grade to attend and must attend Roundup orientation to complete forms.

CLOVERBUDS

DESCRIPTION:

The 4-H Cloverbud program is a state-wide program that provides non-competitive learning experiences for Oklahoma youth between the ages of 5 and 7 (or kindergarten through second grade). The following is a listing of the projects Cloverbuds may enter in various 4-H events.

4-H PUMPKIN SHOW:

1. Jack-O-Lantern created by child, can be Paper Mache, real pumpkin, paper, etc.
2. Easy snack food item prepared by the child using pumpkin as an ingredient or resembling a pumpkin.
3. Poster (8½ x 11) Theme: Parts of a Pumpkin, Pumpkin Uses, Pumpkin Nutritional Information

IMPRESSIVE DRESS:

Participate in one category listed in the Mayes County Impressive Dress rules and regulation.

MAYES COUNTY FAIR:

Textile Design & Construction

1. Any Sewn Item
2. Plastic canvas art stitched using yarn and needle

Food and Nutrition

3. Poster about healthy food choices, food safety, or cooking related how to
4. 3 Cookies (any kind) on a paper plate & in a zip lock bag.

Horticulture

5. 3 of the same fruits or vegetables you have grown (3 tomatoes, 3 squash, etc.)
6. Poster labeling the parts of a flower

Natural Resources

7. Wildlife item such as a bird house or bird feeder. (using any materials)
8. Wildflower or tree leaf collection mounted on poster no larger than 14" X 22"

STEM

9. Creative Engineering any item constructed using items such as popsicle sticks, Legos, Tinker Toys, etc. Include a 3x5 card telling what it is and what it does, or you imagine it does (ex: robot that vacuums the floor, catapult that shoots marshmallow.)
10. Electrical project (ex: electromagnets, paper circuits, playdough circuits, etc.)

Photography

11. Picture of a person or animal
12. Picture of something in nature (plant, scene, etc.)

Expressive Arts

13. Free hand drawing or painting, no larger than 14" x 22"
14. Nature craft (article made from natural materials including weaving or basket making)
15. Bead Craft Article
16. Leathercraft article
17. Paper Craft (item made from paper)
18. Miscellaneous (any crafted item)

Speech Contest

There will be a "Show and Tell" and Ritual class for Cloverbuds.

CLOVERBUD RECORD BOOK:

Cloverbud members can complete a Cloverbud record book which is due on the same date as the regular 4-H membership books. They will receive a non-competitive award at the 4-H Achievement Banquet.

CUPCAKE WARS:

Cloverbuds may participate in a non-competitive class specifically for their age group as an individual or team of two.

FOOD SHOWDOWN:

Cloverbuds may participate in a non-competitive class specifically for their age group as a team of two or three.

Mayes County 4-H Pumpkin Show



4-H Division (Must be a Mayes County 4-H Member)

GENERAL DESCRIPTION: The 4-H Pumpkin Show provides 4-H'ers the opportunity to:

- Demonstrate creativity through various mediums while highlighting one of America's native crops, Pumpkins.
- Research different aspects of pumpkin preparation, consumer buying, and nutrition.
- Learn how to read and follow instructions in recipe preparation.
- Acquire and demonstrate skills in planning, purchasing, and preparing pumpkins in various forms.

4-H PUMPKIN SHOW GENERAL RULES:

1. Each participant may enter as many classes as they wish, with only one entry per class.
2. Entries must be according to grade. Junior Division 3rd graders must be at least 8 years old by September 1 of current year.
Age Divisions: Cloverbuds: Kindergarten-2nd Grade; Jr. Division: 3rd-7th Grade; Sr. Division: 8th-12th Grade
3. Please bring all Food Show categories in a covered container or cover them with plastic wrap.
4. All food exhibits must be made from scratch; except for classes 13 & 14- decorated cakes and 15 & 16 – decorated cupcakes.
5. The recipe must be attached to the outside of the food exhibits. Place name and age on reverse side of card.
6. All articles should be labeled with Member's Name & Name of Club in an inconspicuous place (back or bottom of article)
7. All articles should be tagged with Pumpkin Show tags (pick up at the Extension Office, or complete day of show) that include:
NAME.....PHONE #.....4-H CLUB NAME.....DIVISION.....CLASS.....DESCRIPTION OF ENTRY
8. Each item must have a permanent mark with the date made.
9. Ribbons will be awarded to all entries: Blue, Red, and White, & participation.
10. There will also be champion ribbons given for Food, Pumpkin, Poster, and Home Décor in the Jr. & Sr. divisions.

PUMPKIN SHOW - FOOD SHOW CATEGORIES (All food items must contain pumpkin as an ingredient, except 13,14, 15, &16):

FOOD (JUDGED ON APPEARANCE & TASTE, MUST BE MADE FROM SCRATCH & INCLUDED RECIPIE)

- | | | |
|--|------------------------------------|-------------------------------|
| 1. Jr. Quick Bread (1/2 loaf or 3 muffins/scones/biscuits) | 5. Jr. Cake (any kind) | 9. Jr. Cookies (3, any kind) |
| 2. Sr. Quick Bread (1/2 loaf or 3 muffins/scones/biscuits) | 6. Sr. Cake (any kind) | 10. Sr. Cookies (3, any kind) |
| 3. Jr. Yeast Bread (1/2 loaf or 3 rolls/bagels/donuts) | 7. Jr. Cupcakes or Cake Donuts (3) | 11. Jr. Pie |
| 4. Sr. Yeast Bread (1/2 loaf or 3 rolls/bagels/donuts) | 8. Sr. Cupcakes or Cake Donuts (3) | 12. Sr. Pie |

DECORATED FOODS (JUDGED ON DECORATION ONLY)

- | | |
|--|---|
| 13. Jr. Decorated Cake (Pumpkin Theme) | 15. Jr. Decorated Cupcakes (1, Pumpkin Theme) |
| 14. Sr. Decorated Cake (Pumpkin Theme) | 16. Sr. Decorated Cupcakes (1, Pumpkin Theme) |

PUMPKIN SHOW – OTHER CATEGORIES

PUMPKINS

17. Jr. Carved
18. Sr. Carved
19. Jr. Painted*
20. Sr. Painted*
21. Jr. Decorated**
22. Sr. Decorated**

POSTERS (MUST BE 14"X22")

23. Jr. Pumpkin Facts
24. Sr. Pumpkin Facts
25. Jr. Pumpkin Safety
26. Sr. Pumpkin Safety
27. Jr. Pumpkin Nutrition
28. Sr. Pumpkin Nutrition
29. Jr. Pumpkin History
30. Sr. Pumpkin History

HOME DÉCOR

31. Jr. Wreath (Pumpkin Theme)
32. Sr. Wreath (Pumpkin Theme)
33. Jr. Floral Arrangement (Pumpkin Theme)
34. Sr. Floral Arrangement (Pumpkin Theme)
35. Jr. Any home décor item resembling a pumpkin or involving pumpkins
36. Sr. Any home décor item resembling a pumpkin or involving pumpkins

*In the painted category, the only thing allowed on the pumpkin is paint.

**In the Decorated category the pumpkin may be decorated with any combination of paint, paper, yarn, jewels, etc.

CLOVERBUDS – Kindergarten – 2nd Grade

37. Jack-O-Lanterns created by child, can be painted, carved, or decorated.
38. Easy snack food item prepared by the child using pumpkin as an ingredient or resembling a pumpkin.
39. Poster (no larger than 14" x 22") Theme: Parts of a Pumpkin, Pumpkin Uses, Pumpkin Nutritional Information.

MAYES COUNTY 4-H IMPRESSIVE DRESS

Please check the calendar for the date and location.
PRE-REGISTRATION REQUIRED

Objectives – 4-H members will learn to:

1. Select fashionable garments.
2. Select garments and accessories to enhance body type and personal coloring
3. Build a clothing wardrobe that is suited to individual lifestyle and needs
4. Recognize and wear properly fitting clothes
5. Practice good grooming and good posture to enhance personal appearance
6. Develop self-confidence and poise in dressing correctly for the occasion
7. Present their outfit to a judge – interview skills

Categories – Participants are eligible to enter two (2) of the following seven (6) categories in the Impressive Dress competition:

1. Active Sportswear-Garments to wear to play tennis, skiing, jogging, etc.
2. Casual Wear- Garments to wear to school, fairs, movies. Spectator sports, etc. (jeans, sport shirts, slacks, etc. skirt and blouse, jumper, tennis shoes, leather shoes)
3. Dress Wear- Garments to wear to church, parties, etc. (2-piece sports suit w/blazer, western suits where pants & coat are of different materials, or shirt, slacks, and tie, dress shoes or boots.)
4. Formal Wear- garments to wear to weddings, formal parties, proms, and other formal events. (2- or 3-piece suit with coat, vest & pants all of the same material, long or short formal dresses, dress shoes)
5. Casual Western Wear- Western cut jeans or slacks, long sleeve western shirt. Hat optional. Boots required.
6. Special category “Frugal Fashion”- Assemble a complete ensemble acquired at a thrift store/garage sale/ similar source. You will model the ensemble and will also have a written/typed itemized list of the items in the ensemble “look” and a total cost of the ensemble for the judges.

Age divisions – based on age as of September 1 of the current 4-H year:

The contest will be divided into the following age groups:

Cloverbuds: May compete in only one category listed

Junior Level: 3rd- 5th Grades

Intermediate Level: 6th – 8th Grades

Senior Level: 9th – 12th Grades

Awards:

Cloverbuds will go through the judging process and will receive a participation ribbon.

All entries in the Junior, Intermediate, and Senior Division will be judged for 1st, 2nd, and 3rd place. Champion and Reserve will also be selected.

Judging:

Entries will be judged on:

- How well the garments fit the individual
- How well the individual presents themselves
- The consumer value of the garment
- The becomingness of the garment
- The fashion of the garment
- Individuals oral presentation

Questions that members should be able to answer for the 4-H Impressive Dress.

1. Please tell us your name and where you are from?
2. Do you like the clothes you are wearing?
3. Do you think that the color (or colors) look good on you?
4. Did you pick these clothes out by yourself or did someone help you? If so, who helped?
5. What do you like to do in these clothes?

4-H Fashion Revue

Garments will be due to the Mayes County Extension Office on the date specified on the calendar.

Held in conjunction with the Mayes County Impressive Dress competition.

General Description

The Fashion Revue is an opportunity for 4-H'ers to display their talents in Sewing Design & Construction.

General Rules

1. 4-H'ers may enter all classes for their age group.
2. The contest will be divided into three age groups:
 - Beginning Level: 3rd – 5th Grades
 - Intermediate Level: 6th – 8th Grades
 - Senior Level: 9th – 12th Grades All divisions determined as of September 1 of current 4-H year.
3. Fun construction projects will be judged separately from the clothing projects.
4. Clothing projects will be modeled by the member.

FASHION REVUE BY LEVEL

BEGINNING LEVEL (3rd – 5th Grades)

Construction Projects:

1. Simple Tops
2. Simple Bottoms
3. Simple lined or unlined one-piece garment
4. Non-human Apparel
5. Simple Sewn Fashion Accessory

6. Knitted/Crocheted Fashion Accessory
7. Recycled/Upcycled

INTERMEDIATE LEVEL (Grades 6-8)

Construction Projects:

8. Blouse/Shirt
9. Lined or Unlined Bottom
10. Lined or Unlined Two-Piece garment
11. Sew Fashion Accessory
12. Fashion Garment
13. Recycled/Upcycled

SENIOR LEVEL (Grades 9-12)

Construction Projects:

14. One-piece garment
15. Two-piece garment
16. Sewn Fashion Accessory
17. Fashion Garment
18. Functional Fashion Accessory
19. Recycling/upcycling

For more information on Design and Construction Projects visit:

<https://4h.okstate.edu/projects/design-and-construction>

MAYES COUNTY SPEECH CONTEST

Please check the calendar for the date, times, and location.

General Information

- The county speech contest is an opportunity to display and improve public speaking talents.
- Pre-registration is required by the due date. Electronic presentations **MUST** be submitted with pre-registration form.
- Results will be announced, and awards presented at the conclusion of the event. Ribbons will be given to the participants at that time. The top two individuals per age division will be awarded Grand and Reserve Grand.
- Anyone associated with the event will be allowed in the room to watch speeches.
- Time limits are not required; however, presentations too long or too short can be a factor in placing.
- Members are responsible for getting to speech rooms in a timely manner. Hall/monitor may be available to assist in getting to the correct room.

Cloverbuds 5-8, Junior division – grades 3-5, Intermediate division grades 6-8, Senior division grades 9-12

Cloverbud Show and Tell

Guidelines - Youth share their favorite collections, item, stuffed animal, activity, etc. Make sure to include an introduction and an ending.

Speech (no props) -**Title/Topic** – can be on any subject you choose.

Juniors are 3-5 minutes, Intermediate 5-7 minutes, and Seniors 5-7 minutes.

*A special award will be given to the division winner if the speech topic is breads, peanuts, dairy foods or water conversation and usage.

Illustrated Presentation-Title/Topic – can be on any subject you choose.

Time limits for Junior 3-10 min. Intermediate/Senior 5-12 min.

Must use props to qualify for this event.

Identify as Single or two-person team presentation.

*A special award will be given to the division winner if the speech topic is breads, peanuts, dairy foods or water conversation and usage

PowerPoint Presentation -Title/Topic – can be on any subject you choose.

Time limits are Junior 3-10 min, Intermediate/Senior 5-12 minutes.

Power-Point presentations must be on a flashdrive.

Must load and run their own presentation. Individuals only.

*A special award will be given to the division winner if the speech topic is breads, peanuts, dairy foods or water conversation and usage

4-H Club Ritual

4-H members have the opportunity to memorize and recite all or a portion of the 4-H Club Ritual according to their age division. Age is determined as of Sept. 1 of the current 4-H year.

Cloverbud Division (Grades K-2 nd)	4-H Pledge
Junior Division (Grades 3 rd -5 th)	State of Oklahoma Pledge, 4-H Pledge, Motto, and Slogan
Intermediate Division (Grades 6 th -8 th)	State of Oklahoma Pledge, 4-H Pledge, Emblem and Colors
Senior Division (Grades 9 th - 12 th)	State of Oklahoma Pledge, 4-H Pledge, 4-H Club Ritual and Colors

Extemporaneous Talk: (Must compete in speech, illustrated or PowerPoint to give an extemporaneous talk.) Junior, draw a topic, take 5 minutes to prepare, give a speech on that topic for 2-5 minutes.

- Intermediate/Sr. Draw two topics and choose the one you like best. Take 10 min to prepare, give a speech on that topic for 3-7 minutes.
- All are to prepare a speech on a current event topic that relates to youth issues, including the impact 4-H can have.

Job Readiness

Grades 6-12. Not for competition but for experience. Job description and a sample resume will be emailed out after registration. Participant is expected bring a resume to the interview.

Guidelines:

- Dress is casual. 4-H attire is not required
- Must compete in one of the speech divisions: speech, illustrated presentation, or power point to be eligible to give an extemporaneous talk.
- Penalty for speaking over or under the time limit.
- Results will be announced at the end of the Contest.

[In repeating the pledge, raise right hand to the side of head when speaking line No. 1; lower right hand over heart when speaking line No. 2, extend hands, palms upward, when speaking line No. 3; and stand at attention when speaking line No. 4.]

State of Oklahoma Pledge

I salute the flag of the
State of Oklahoma
Its symbols of peace
unite all people.

4-H SLOGAN

“Learn by Doing”

EMBLEM

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.

COLORS

The white stands for purity. The green, nature’s most common color, represents life, springtime, and youth.

The 4-H Club 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. It is as follows:

Leader: "Stand Please."
Response: [All members rise and stand.]
Leader: "We will now give the Pledge to the Flag."
Response: "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."

Leader: "We will now repeat the 4-H Club pledge."

Response: "I pledge,
My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service, and
My health to better living, for
My club, my community, my country and my world."

[In repeating the pledge, raise the right hand to side of head when speaking line No. 1, lower right hand over heart when speaking line No.2; extend hands, palms upward, when speaking line No.3; and stand at attention when speaking line No.4.]

Leader: "What is our 4-H Club motto?"

Response: "To make the best better."

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

Response: "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."

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

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

Leader: "For what is the head trained?"

Response: "To think, to plan, to reason."

Leader: "For what is the heart trained?"

Response: "To be kind, to be true, to be sympathetic."

Leader: "For what are the hands trained?"

Response: "To be useful, to be helpful, to be skillful."

Leader: "For what is the health trained?"

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

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

Response: "The Home."

Leader: "In what way can we be of help in our home life?"

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

Leader: "Be seated, please."

4-H FOOD SHOWDOWN

**Please check the calendar for the date, time, and location
PRE-REGISTRATION REQUIRED**

The Food Showdown is a youth culinary challenge where three or four member teams compete to create a dish while demonstrating their knowledge in foods and nutrition, kitchen safety, equipment, and creativity in food preparation. 4-H Food Showdown teams will create their dish using only a clue, provided secret ingredients and items from the common pantry. From the secret ingredients, 4-H members must identify, prepare, and then present information related to the serving size, nutritional value, and cost of the dish. Grab your apron, chef's hat and sharpen your knowledge in foods and nutrition for the exciting 4-H Food Showdown!

Objectives

- Provide opportunities for participants to exhibit their food and nutrition knowledge, skill, and creativity when preparing and presenting food.
- Provide opportunities for participants to learn from other team members, while promoting teamwork.
- Give participants opportunities for public speaking and leadership.

Rules

- Participants must be 4-H members currently enrolled in Mayes County 4-H.
- Age divisions are determined by a participant's age as of January 1 of the current 4-H year.
- Each team will have a maximum of four members, the team moving on to the district contest may have three members and one alternate.
- There will be four possible food categories: Main Dish, Fruits and Vegetables, Breads and Cereal, and Nutritious Snacks. All teams 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 contest.
- Clean aprons, lab coats or chef's coats; closed toed shoes; long pants, and hair coverings are required for all team members. Appropriate clean hair coverings include caps, bandanas, skullcaps and hairnets. Long hair must be tied back. Each team will have the option of wearing coordinated clothing.
- Resource materials will be provided for each team at the contest. These may include MyPyramid for Kids, FightBac, Cooking Food Safely is a Matter of Degrees, Nutrient Needs at a Glance, Altering Recipes for Good Health, Kitchen Safety, 4-H Food Showdown Worksheet, and 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.
- A team may need to supply their own equipment for the showdown. (See supply box list). A team can also choose to use their own equipment as long as the items appear on the supply box list. Equipment not on the list will be confiscated. Only senior teams will be allowed a heat source.

- Judges reserve the right to disqualify teams demonstrating unsafe food safety practices or dangerous use of the equipment.
- Any competitor who requires auxiliary aids, special accommodations, or has food allergies must notify the 4-H Office at pre-registration.
- State Food Showdown Manual for more information: <https://4h.okstate.edu/events/food-showdown/>

Teams

Teams should consist of at least three members, but a fourth member may participate at the county level. Should the team advance beyond the county level, the fourth member will serve as an alternate as only 3 members may compete as a team on the district and state level.

Age Divisions: (As of September 1, of current 4-H year)

Cloverbuds 5- 2nd grade grades

Junior: 3rd – 7th grades

Senior: 8th – 12th

Age division will be based on the grade/age of the oldest team member if the team has a mix of Junior and Senior members.

Supply Box List

Aprons (3) Baking sheet (1) Calculator (1) Can opener (1) Colander, medium (1) Cutting boards/mats (2) Bowl, small (1) Disposable tasting spoons Extension cord (1) Food thermometer 1 Fork 1 Garlic press (1) Grater (1) Hand sanitizer (1) Heat Source (can use one of the following) Two single-burner hot plates* One double-burner hot plate* One 12inch electric skillet* Hot pads (2) Kitchen shears (1) Kitchen timer (1) Kitchen towels & Wash cloths (2 of each) Knives (3)

Measuring cup, liquid (1) Measuring cups, dry (1 set) Measuring spoons (1 set) Mixing bowls (2) Non-Stick cooking spray (1) Note cards (4x6) Pancake turner (1) Pencil (1) Plastic tub for dirty dishes (1) Paper towels (1 roll) Rolling pin (1) Rubber spatula (1) Sanitizing wipes Saucepan w/lid (1) Serving bowl, medium (1) Serving platter (1) Serving utensil (1) Skillet (1) Stirring spoon (1) Stock pot (1) Storage bags or containers Tongs (1) Vegetable peeler (1) Whisk (

***Choose one of the three heat sources for senior teams. Junior teams do NOT use a heat element.**

4-H Cupcake Wars

Please check the calendar for the date, times, and location.
PRE-REGISTRATION REQUIRED

Objectives

- Provides 4-H members an opportunity to practice their culinary, creativity, teamwork, and presentation skills.
- Provide opportunities for participants to learn from other team members, while promoting teamwork.
- Give participants opportunities for public speaking and leadership.

Guidelines

Cupcake Preparation:

1. Each team will decorate and display three cupcakes.
2. Each team will bring “naked” cupcakes. The cupcakes should have no frosting and be in paper wrappers only.
3. Each team will bring their own frosting and bowls for mixing. The frosting should not be tinted prior to the contest. Teams will tint and place in frosting bags, if needed at the contest. Frosting can be either store bought or homemade. Can be ONLY white or chocolate frosting.
4. 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.
5. Teams are allowed to use edible decorating items. Only edible items can be used on the cupcakes.
6. Select a theme and a name for your cupcakes. Your three cupcakes should be presented as a group. They can each be decorated the same or differently but should relate to your theme/name.

Presentation:

- Teams are allowed to bring their presentation scripts with them.
- All team members must participate in the presentation; all team members must have a speaking role.
- When time is called, each team will present their cupcakes to the judge(s). There is a time limit of four minutes for a presentation.

The team should provide the following information:

- Introduction
- Creative Name of Cupcakes
- Two major nutrients
- Food preparation principles
- Food Safety
- Cupcakes will not be tasted during judging – but will be judged based on theme representation, neatness, technical difficulty, and creativity.
- The judge(s) may ask questions.
- No talking and no writing allowed among any team members while waiting to give the team presentation.

Rules

- All team members must be enrolled 4-H members.
- Teams will consist of two 4-H members.
- The age and grade will be as of September 1 of current 4-H year.
- There will be two Divisions: Junior: 3rd – 7th grades Senior: 8th – 12th grades
- There will be no move-ups to make teams.

During Contest

1. Each team should check in at judging area at designated time and items you bring for the contest will be checked by contest facilitators.
2. No coaching will be allowed during the contest.
3. Judges will observe preparation to assist in determining the team score.
4. Each team will have thirty minutes to decorate their cupcakes and clean up the preparation area.
5. 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.
6. No use of electricity or heat sources are allowed. Teams should select their recipe with this in mind.
7. Each team must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment during the contest.
8. Teams should practice proper food safety and be prepared to discuss food safety practices used by their team in their presentation to the judges.
9. Table decorations are allowed. Clean-up Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Dirty dishes should be placed in a plastic container, bag, or box to be cleaned at home. Leftover food should be disposed of properly. Each team should bring their own cleaning supplies.

An awards program will be held at the conclusion.

ORDER OF 4-H CLUB MEETINGS

Suggested form for order of Business at 4-H club meetings:

President: "Will the meeting please come to order? The Vice-President will now lead the 4-H Club Ritual."

Vice President: "Stand please." (Vice President leads ritual.)

President: "The Song Leader will now lead us in a song."

Song Leader: Leads a song.

President: "The secretary will call the roll."

Secretary: "Will each member answer with _____."

President: "We will now have the reading of the minutes of the last meeting."

Secretary: Reads minutes of the last meeting.

President: "Are there any additions or corrections to the minutes of the last meeting?"

(The President or any member may bring the business before the club. It is discussed and then voted on.

Newsletters should be read by the secretary.)

President: "Are there any announcements?" (Adult leader may make announcements at this time.)

President: "Do I hear a motion for adjournment of the business meeting?"

Member: "I move to adjourn."

Member: "I second it."

President: "It has been moved and seconded that the meeting adjourn. All in favor say aye, all opposed same sign. Motion carries."

President: "I will now turn the program over to our vice president who will introduce our program speaker."

Vice President: "Mr. President, 4-H members, and visitors I would like to present

who will _____ for our program today. Recreation may follow after meeting."

The 4-H Club 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. The entire club in unison at each club meeting should give the ritual. It is as follows:

Vice President: "Stand Please."

Members: [All members rise 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, and
My health to better living, for
My club, my community, my country and my world."

[In repeating the pledge, raise the right hand to side of head when speaking line No. 1, lower right hand over heart when speaking line No.2; extend hands, palms upward, when speaking line No.3; and stand at attention when speaking line No. 4.]

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 together the pledge of allegiance. The right hand should be placed over the heart while giving the pledge of allegiance. Congress, made this change 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 hands 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 of 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."

4-H Danish Judging System

(Why we give Blue & Red Ribbons)

Having one's accomplishments evaluated can be motivating and educational for 4-H'ers. When judges critique their work or performance, it serves as a guide to further improvement. The judging process is probably more valuable than the award or recognition. To plan, practice, and present a finished product is to "learn by doing." To graciously accept constructive criticism of one's work is a real-life experience. 4-H'ers learn quickly that judging results reflect a personal opinion, and that evaluation will vary among judges.

In 4-H most judging involves the Danish system of judging. In this system, the judges do not judge one person's work by comparing it to another's. The evaluation is made against a standard. A judge looks to see whether requirements are met. What would an ideal version of this item be? Often a score sheet is used, available from the county 4-H office.

One advantage of this system is that everyone whose work fulfills minimum qualification can receive a ribbon. If all entries are judged to be excellent, all receive blue or 1st, one 2nd and one 3rd given in each category. The purpose of using the Danish system is to give every 4-H member the recognition deserved for the work that was done. It also helps young people recognize the need to improve their skills and to "make the best better."