



Extension

MERRIMACK COUNTY 4-H PRESENTS!

It's time for Merrimack County 4-H Presents! 4-H members are being encouraged to take part in these events. The presentation day is a pinnacle for many 4-H members to develop those important life skills that 4-H teaches. Please read the following event pages carefully. Contact Hannah Majewski, 4-H Program Manager at hannah.majewski@unh.edu or 603- 255-3556 with any questions. If you need specific event information to give to members, parents, or project leaders, please visit the [event webpage](#).

IMPORTANT EVENT DATES:

- Date of Event: Saturday, May 21st, 2022
- Location: Merrimack Valley High School - 105 Community Dr., Concord, NH 03303
- Time: Registration begins at 8:30am. Judging begins at 9:00am.
- 4-H Presents Office Hours: Monday, April 4th, 2022, 6:00pm - 8:00pm (via ZOOM)
- Event Registrations Due: Friday, April 22nd, 2022 (see registration info below)
- Recipe Card, Photo, Poster, & Flix Video Drop-off: Friday, May 6th, 2022 to the 4-H Office
- Recipe Card, Photo, Poster, & Flix Video Evaluation Day: 6:00pm on Monday, May 16th, 2022 at the 4-H Office

REGISTERING FOR EVENTS:

1. Register for Merrimack County 4-H Presents through 4HOnline: <https://v2.4honline.com>
2. After you register through 4HOnline please fill out [this form](#) to tell us more information about your presentation.

EVENTS AT A GLANCE:

- **Action Exhibit** – Individuals, or teams of up to three, will present and interact with people throughout the morning. Members will answer questions and involve the public in the presentation of their exhibit. An opportunity for youth to demonstrate the skills needed for talking in front of other people.
- **Demonstration** – An opportunity for youth to share something they know “how to do” with others. Choose from 19 categories/subject areas. Individuals, or teams of up to three members may participate.
- **Food Show** – Youth are challenged to enter their own recipe, display a place setting arrangement, or create food art at the event.
- **Public Speaking** – (including Cloverbuds Show & Tell) an opportunity for youth to demonstrate the skills needed for talking in front of other people.
- **FLIX Video Contest** – Create a 3-5 minute video on just about any subject, to be played at the event. Open to individuals and teams of up to three.
- **Photography Contest**– Each participant may submit ONE entry, based on a photo theme.
 - Entries themes are: NH at its Best, Open Category or 4-H Promotion.
- **Poster Contest** – Each participant may submit ONE entry based on a poster theme.
 - Entry themes are: 4-H Citizenship, 4-H Promotion, 4-H Healthy Living, or 4-H Science.
- **Note about Recipe Card, Photos, Posters & Flix Video Entries:** They must be dropped off no later than 3:30 pm on Friday, May 6th. These entries are prejudged. After judging they will be brought to Presentation Day and showcased.

All eligible winners will be given an invitation to attend NH 4-H Presents! on June 25th at UNH-Durham. The top scorers at the State Level will be selected for the NH 4-H Communications Team to compete at [Eastern States Exposition](#) in September.



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MERRIMACK COUNTY 4-H PRESENTS!

PLEASE NOTE THE FOLLOWING AGE DIVISIONS:

- Cloverbuds (age 5-7 by 1/1 of current year)
- Juniors (age 8-10 by 1/1 of current year)
- Intermediates (age 11-13 by 1/1 of current year)
- Seniors (age 14 & older by 1/1 of current year)

***NEW THIS YEAR*: MERRIMACK COUNTY 4-H PRESENTS OFFICE HOURS:**

New and returning families can join a Zoom on Monday, April 4th anytime from 6:00-8:00 pm to ask questions about this program and any of the specific events and listen to other families' suggestions. [Sign up here](#) to let us know you want to participate in this Zoom. Link to Zoom: <https://unh.zoom.us/j/93783130298?from=addon> (or use the Meeting ID: 937 8313 0298)

GOAL SETTING & COMMUNICATION SKILLS:

As the county presentation day approaches, it creates a great opportunity to think about goal setting with members. For example, a 4-Her's goal, who has never done a demonstration before, might be to: "Learn the parts and pieces of a Foods Demonstration by Presentation Day in May". The presentation day events offer members opportunities to LEARN and PRACTICE many communication skills and get feedback on areas they have done well and those areas that maybe could be strengthened. Members stand out as being poised, confident and self-assured because they have participated in these events. This is a workforce skill we are developing in young people.

VOLUNTEERING AT MERRIMACK COUNTY 4-H PRESENTS:

We need approximately 40 Volunteers for Presentation Day. These Volunteers will work as room monitors, event judges, scorekeepers, room proctors, and registration help. Please register Volunteers by Friday, April 22nd by using this link: https://unh.az1.qualtrics.com/jfe/form/SV_3CMZJ54ujbuZNcy

Volunteers can be parents or alumni, in addition to youth volunteer opportunities.

HAVE QUESTIONS?

Contact Hannah Majewski at (603) 255-3556 or by email at hannah.majewski@unh.edu.

Join our 4-H Presents "office hours" on Monday, April 4th, 2022 from 6:00pm - 8:00pm via Zoom to ask questions and hear suggestions from other families. [Sign up here](#) to let us know you want to participate in this Zoom.



MERRIMACK 4-H ACTION EXHIBIT

WHAT IS IT?

An action exhibit is an interactive presentation that involves the audience in the presentation process. Like a demonstration, in an action exhibit the 4-H members demonstrate a skill, show how to make or repair something, or show how and why something works. Real objects are used. Unlike a demonstration, as the action exhibit presentation unfolds the audience asks questions and interacts with the presenter; the audience may even try the skill themselves. Because the whole process is shown, action exhibits may last up to 50 minutes each.

WHO CAN TAKE PART?

Any 4-H Member between the ages of 8 – 18 as of January 1st of the current year.

ACTION EXHIBIT FACTS:

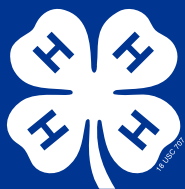
- Action Exhibits have one to three participants.
- The exhibit is organized so that each person has a given time to work.
- Practice your activity ahead of time and make sure you can complete it in approximately 3-5 minutes.
- Try to incorporate actions that will engage judges and other interested people passing by. You will have 50 minutes to engage with the audience, so bring enough supplies to perform your activity multiple times. If a product is made, it needs to be made in the allotted time from step one to the finished product. Samples may be used to show different steps.
- The participants must provide all materials and equipment needed.
- View the [Action Exhibit Scoresheet](#) before the event to get a feel for what the judges will be looking for.

HOW TO PLAN AN ACTION EXHIBIT:

1. Choose a topic: What have you done or learned that you want to show to others?
2. Choose your action: Do you want to do an Action Exhibit by yourself or work with others in planning and doing an Action Exhibit?
3. Choose your goal: Do you want to teach others something? Do you want to show others how to do something? Do you want to promote something or compare different processes?
4. Choose a title: Make it short and catchy. Have a one-idea theme. Tell the most important point and be original.
5. Choose your support materials: What materials, equipment, and ingredients will you need to make your exhibit active?
6. Practice! Practice your Action Exhibit by doing all the necessary steps in the process.
7. Get People Interested: Decide on ways you might involve the audience.

QUALIFYING FOR STATE 4-H PRESENTS:

Each county may send their top two exhibits per age group; Juniors (age 8-10), Intermediates (age 11-13), and Seniors (age 14 and older, however, the qualifying exhibit must have scored a minimum of 30 points (75%). Teams can be comprised of up to 3 members and will compete in the division of their oldest member. Participants must be at least 8 years old to be eligible for State 4-H Presents consideration, and at least 12 years of age to be eligible for [Eastern States Exposition](#).



MERRIMACK 4-H DEMONSTRATION

WHAT IS IT?

Demonstrations are an opportunity for members to share with others, something that they know “how to do”. We need to communicate with others in a variety of ways all throughout our lives, and this teaches 4-Hers one of the ways to do so. 4-H demonstrations help members to learn new knowledge and be able to share it with others. Many of the skills learned in 4-H demonstrations, strengthen school projects and are beneficial in later work environments and college. Please see the [Demonstration Guide](#) for additional information.

WHO CAN TAKE PART?

Demonstrations can be done in several different project categories as outlined below. Any 4-Her, 8-18 years of age can do a demonstration, whether they have been in a project for one or many years. Youth should select the category which is most appropriate for what they are demonstrating.

LENGTH OF DEMONSTRATION:

The length may vary with the subject of the talk, but generally:

Juniors (8-10 years old): 3-8 minutes

Intermediate (11-13 years old): 4-9 minutes

Seniors (14 & older): 5-10 minutes

- View the [Demonstration Scoresheet](#) before the event to get a feel for what the judges will be looking for.

IMPORTANT NOTE ABOUT DEMONSTRATIONS:

No live animals are allowed. If you are doing an animal presentation, you must use a stuffed animal. Be aware that live animals may not be accepted at Eastern State Exposition New England Center. Firearms may not be included in any exhibit for State or Eastern States. For presentations related to firearms, models or photos must be substituted.

HORSE DEMONSTRATION & ILLUSTRATED TALK:

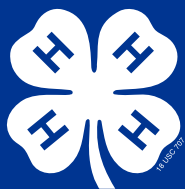
Each county may send 2 (Individual) Intermediate Horse Demonstrations, 2 (Individual) Senior Horse Demonstrations, and 2 Senior Team Horse Demonstrations on to State 4-H Presents. Please see [additional rules and guidelines](#) to help prepare for your Horse Demonstration or Illustrated Talk. Note: Use the “Animal Science - Horse” category 2 on the class list when registering for this event.

FOOD DEMONSTRATION:

All food demonstrations will need to be sure they have a barrier between them and the food they are preparing. Gloves, spoons, spatulas can serve as barrier protection depending on the demonstration.

WHAT IS A STEMONSTRATION?

It is a demonstration explaining the details of the STEM-based project completed by the 4-Her. It should show and tell what was done and learned during the project. STEMonstrations should be based on a hypothesis and follow the scientific inquiry process to show outcomes. Many of our youth have been involved in science fairs in school and the 4-H event will help them expand on science further. Better yet, it will challenge our 4-Hers to find the SCIENCE in their 4-H project! Note: Use the “Science Experiment/Invention Project” category 18 on the class list when registering for this event.



MERRIMACK 4-H DEMONSTRATION

POSTERS/VISUAL AND FINISHED PRODUCT:

In most cases, posters/visuals are used as part of a demonstration. They help members remember parts of their demonstrations - listing steps of recipes; a cover poster can be used to introduce the demonstration and the demonstrator. A summary poster can help recap what the member did. Posters add clarity because hearing and seeing help people remember better. Members should have a finished project to show at the end of their demonstration.

QUESTIONS FROM THE AUDIENCE:

Members should be prepared to ask their audience if they have any questions and answer questions from the judges. Members may also be asked to talk briefly with the judges after their presentations.

QUALIFYING FOR STATE 4-H PRESENTS:

Each county may send their top two winners in each category within each age range; Juniors (age 8-10), Intermediates (age 11-13), and Seniors (age 14 -18), however, the qualifying youth must have scored a minimum of 39 points (75%), minimum score for STEMonstrations is 31 points or (75%). Teams can be comprised of up to 3 members and will compete in the division of their oldest member. Participants must be at least 8 years old to be eligible for State 4-H Presents consideration, and at least 12 years of age to be eligible for Eastern States Exposition.

CATEGORIES / SUBJECT AREAS ARE:

Please select the category that best fits the demonstration topic. If you have a demonstration that does not resemble one of the below, use #19 (Open Class) and describe the subject matter so we can group it most appropriately.

1. Animal Science - Horse Public Speaking (Seniors Only)
2. Animal Science - Horse
3. Animal Science - Livestock & Dairy Production
4. Animal Science - Small & Companion Animals
5. Animal Science - Poultry
6. Citizenship & Civic Education – Citizenship/ Community Service
7. Communication & Expressive Arts - Arts & expression
8. Consumerism - Family & Consumer Sciences
9. Consumerism - Hospitality, Etiquette, & Social Graces
10. Environment Science - Bugs & Bees
11. Environment Science - Fisheries and Aquatic Resources
12. Environment Science - Forestry & Wildlife
13. Environment Science - Environmental Science (Soil & Water)
14. Healthy Living - Health/Fitness/Physical Activity
15. Healthy Living – Foods/Nutrition/Healthy Eating
16. Healthy Living - Safety
17. Science & Technology
18. Science Experiment/Invention Project ([Scoresheet: STEMonstrations](#))
19. Open Class (please describe)



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MERRIMACK 4-H FLIX VIDEO

WHAT IS IT?

Flix Videos are 3-5 minutes videos created by an individual or a team of 4-H'ers. Teams can be comprised of up to 3 members and compete in the division of their oldest member.

- Juniors (age 8-10 by Jan 1 of current year)
- Intermediates (age 11-13 by Jan 1 of current year)
- Seniors (age 14 and older by Jan 1 of current year)

Videos can include the contestant's choice of music (royalty/copyright free) and video production techniques, including but not limited to; video footage, still photography, computer animation, stop motion animation, etc.

Entries will be judged on creativity, flow, and technical performance. Submit video on a DVD or flash drive, labeled with each contestant's name, age, and county. Parents, 4-H leaders and others are encouraged to inspire, guide and help with developing ideas for the video; however, the video entry must be the work of the 4-H member or team. FLIX Video entries are submitted in advance of the event. They are pre-judged items and will be judged on the same day as Posters & Photos.

CONTEST RULES:

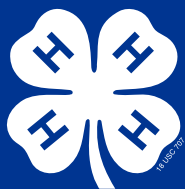
- Videos must be 3-5 minutes in length, including the credits showing who participated in the creation of the video and what their roles were. Credits must include the title of the video and any participants. Those not taking part in the contest may appear in the video, however, all editing and production of the video must be done by the contestants.
- All music, video, images and computer animations used must be 4-H appropriate. Contestants should seek guidance from their 4-H leaders if they need help determining if content is 4-H appropriate (does not represent violence, criminal behavior, swearing, vulgarity, mistreatment of animals and is respectful to the community, actors, and viewers). Use of inappropriate music, video, images or computer animation will disqualify the entry immediately and the contestants will not receive a score.
- Video must comply with copyright laws and 4-H emblem must be used appropriately.
- Media releases must be submitted to the county office for everyone appearing in the video.
- Use of inappropriate music, video, images or computer animation will disqualify the entry immediately and the contestants will not receive a score.

Note: Please view the [FLIX Video Checklist](#), [FLIX Media Release Form](#), and [FLIX Scoresheet](#) for more information about this event.

QUALIFYING FOR STATE 4-H PRESENTS:

Each county may send up to 2 individual or team entries per age category with the highest scores to State 4-H Presents:

- Juniors (age 8-10 by 1/1 of current year)
- Intermediates (age 11-13 by 1/1 of current year)
- Seniors (age 14 and older by 1/1 of current year)



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MERRIMACK 4-H FOOD SHOW

WHAT IS IT?

There are three ways to participate in this year's Food Show! Youth can enter a submission in one or more of the following categories 1. Recipe Book Submission, 2. Place Setting, or 3. Food Art. See below for more information about these events. Note: There will be no food tasting this year due to COVID-19. This is a Merrimack County 4-H specific event. There is no advancement to State 4-H Presents. Youth can take part on the state level at [4-H Makers Expo](#) by entering in the Grilled Cheese Challenge or the 4-H Makers Showcase.

WHO CAN TAKE PART?

Youth ages 5-18 are eligible to participate in any of the Food Show events. (This is a non-competitive event for Cloverbuds.)

1. RECIPE BOOK SUBMISSION:

Enter one recipe to be added to the "Merrimack County 4-H Cookbook". This could be a traditional recipe you make at home with your family, or something new you enjoy making. All participants will receive a copy of the cookbook once all the entries are received. Recipes will be judged in advance and displayed at Food Show. See [scoresheet](#) for more info.

- Recipes should include an ingredients list, detailed instructions to make the recipe, and a photo of the final product.
- Awards will be given and announced during the awards ceremony in the following categories:
 - Most Creative
 - Healthiest choices
 - Farm to Table (locally sourced ingredients)
- Some recipe ideas include a "make-ahead" Crockpot dinner, a holiday tradition, or your favorite thing to make for lunch.

How to submit your recipe:

- Recipe page format should follow the [example](#). Entries must be typed. No handwritten entries will be accepted.
- Entries should be submitted to Hannah Majewski at hannah.majewski@unh.edu by May 6. PDF format is preferable.

2. PLACE SETTING DISPLAY:

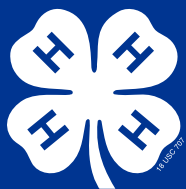
Every participant may have ONE informal place setting display.

- This is an individual effort.
- Place Settings is based on a theme.
- Select and organize a place setting for one person. You must use a place mat, napkin, utensils, dishes, glassware or cups, a simple centerpiece or focal point and another components you deem appropriate for your theme.
- Entries will be judged on theme, cleanliness, organization, color and creativity.
- No menu needed.
- Your Place Setting entry must contain a [Place Setting Card](#). Please fill out the card and set it up with your entry.
- All participants will receive judging feedback and a ribbon. Plus three best of show ribbons will be awarded. Check out the [scoresheet](#) to see what the judges will be looking for.

3. CREATIVE FOOD ART:

Work as an individual or team (within the same age division) to create food art using ingredients and tools provided the day of the event. No pre-plating, the art must be made by the youth at the event.

- Use a variety of ingredients to create your artwork.
- This is a timed event and all participants will be given 30 minutes to slice, prepare and display their art. All work must be done at the event.
- 4-Her's will be scored on creativity, originality, food safety, and construction. See [scoresheet](#) for further criteria.
- All participants will receive judging feedback and a ribbon. Plus three best of show ribbons will be awarded.
- Entries must include a [Creative Food Art Name Card](#) with your entry that includes name, club, age, and title of your food art.



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MERRIMACK 4-H FOOD SHOW

DAY OF EVENT:

- 8:30 - 9:00 AM: Registration/Set Up
- 9:00 - 11:00 AM: Creative Food Art & Place Settings
- 12:00 PM: Awards Ceremony

EVENT DETAILS:

- Arrive at event at 8:30 AM. The program starts at 9:00 AM.
- Too early an arrival means waiting around too long with food safety becoming a concern.
- The Food Show is in the lower section of the cafeteria.
- Once at the event, and your entry has been set up, you do not need to stay with your entry. We will have volunteers to watch over your stations.
- Once people have filtered through judging is complete and awards will follow.

THE PURPOSE OF THIS EVENT IS TO HAVE MEMBERS DEMONSTRATE:

- The ability to plan and prepare a nutritious food item.
- Knowledge of basic nutrition and food preparation skills. What are the health benefits of eating this food?
- Communication skills, teamwork, creativity, cleanliness, food safety, etc.
- How to arrange a creative place setting

RECIPE CHOICES:

This is a Healthy Living event where we are trying to promote good eating choices and healthy recipes. When working with members, please have them pick appropriate recipes for their age. Choosing nutritious recipes is important. Recipes that use whole grains, reduced-fat, salt, and sugar should be encouraged.

NO PEANUTS OR TREE NUTS IN RECIPES:

There is no use of nuts in recipes due to serious nut allergies. Avoid recipes with mayonnaise or whip cream, as they don't keep and we need to be concerned about food safety. Recipes should not be submitted that include alcohol as an ingredient.

FOOD SHOW RESOURCES:

- Cloverbud Food Art Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2141&context=extension>
- Cloverbud Place Setting Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2142&context=extension>
- Food Show - Creative Food Art Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2145&context=extension>
- Food Show - Place Setting Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2146&context=extension>
- Food Show - Name Card Sheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2147&context=extension>
- Food Show - Recipe Card Example: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2149&context=extension>
- Food Show - Recipe Card Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2148&context=extension>



MERRIMACK 4-H PHOTOGRAPHY

WHAT IS IT?

Photography teaches youth about photography as an art, a science and a communication tool while developing and applying technical and artistic skills in film-based and digital photography. Check out these [Photography Tips](#) to learn more about what makes a great photo! Don't forget to view the [Photography Scoresheet](#) to see what the judges are looking for.

WHO CAN TAKE PART?

Youth ages 8 & older may submit one photo to their County Photography Contest for evaluation. Age divisions are as follows:



- Juniors (age 8-10 by 1/1 of current year)
- Intermediates (age 11-13 by 1/1 of current year)
- Seniors (age 14 & older by 1/1 of current year)

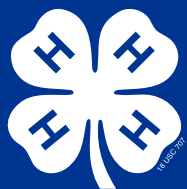
CONTEST RULES:

- Photographs may be color or black & white.
- Prints must not exceed 9"x12".
- Entries must be taken after May 31 of prior year. Entries can be matted and framed to a larger overall size.
- Entries must have the completed form (below) securely attached to the back. All requested information is required.

COUNTY AWARDS & QUALIFYING FOR STATE 4-H PRESENTS:

Youth receive county recognition if they earn a score of 34 points and higher (Blue: 40-34 // Red: 33-28 // White: 27 & below). The top two scorers from each age division will move on to State 4-H Presents. Participants must be 12 years or older (as of 1/1 of current year) for their entry to advance to Eastern States Exposition.

 	<h3>4-H Photography</h3>
4-Her Name: _____	
Age category: <input type="checkbox"/> Juniors (age 8-10) <input type="checkbox"/> Intermediates (age 11-13) <input type="checkbox"/> Seniors (age 14 and older)	
Mailing Address: _____ County: _____	
City: _____ State: _____ Zip: _____	
Photo Theme Area: _____ New Hampshire at its Best _____ Open Category _____ 4-H At its Best/4-H Promotion	
Photography Caption: _____	
Equipment Used: _____	
_____ Flash _____ Filters _____ Digital _____ Commercially printed	
_____ Digital enhanced If yes, describe enhancement _____	
_____ Other _____	
_____ Photo was taken after May 31, 2020	
Signature of 4-H Member: _____ Date _____	
ATTACH THIS TO BACK OF PHOTO	



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MERRIMACK 4-H POSTER

WHAT IS IT?

4-H Posters provide an opportunity for members to share information about 4-H and a wide range of topics. Posters can be used as stand-alone pieces exhibited at fairs and events. They can be useful in recruiting new 4-H members, educating the public, and raising awareness about important subjects. Posters should make people STOP, READ and REMEMBER.

WHO CAN TAKE PART?

Youth ages 8 & older may submit one photo to their County Poster Contest for evaluation.

Age divisions are as follows:

- Juniors (age 8-10 by 1/1 of current year)
- Intermediates (age 11-13 by 1/1 of current year)
- Seniors (age 14 & older by 1/1 of current year)

THE 4-H POSTER CONTEST CATEGORIES ARE: 1.) EDUCATIONAL 2.) PROMOTIONAL

- Educational posters: engage the viewer in a learning process. The design should convey verifiable information, research, and/or data around a centralized topic (cited when appropriate).
- Promotional posters: market a particular program, event, or idea. The design should capture the viewer's attention, communicate a benefit to the reader, and include a call-to-action.
- There are two different scoresheets for each category. Check out the [Promotional Poster Scoresheet](#) & the [Educational Poster Scoresheet](#) to see what the judges will be looking for.

Once you have chosen your category, decide on which of the three 4-H Mission Mandate themes you want to focus on: 4-H Civic Engagement, 4-H Healthy Living, or 4-H Science.

RULES:

- Entries limited to ONE per member.
- Posters should be on standard poster board measuring 14" x 22". They may be landscape or portrait orientation. Posters on non-standard size board will not be accepted.
- Posters may be produced by any medium including, but not limited to: watercolor, ink, crayon, acrylic, charcoal, and/or oils. Computer generated lettering and graphics are acceptable.
- Posters may be three-dimensional, but no more than 1/4" high (to lay flat in a pile). All pieces should be securely affixed to the poster, to withstand being mailed to the State 4-H Office for judging.
- Poster should be able to be read from 6' away, and should convey one clear message (not a collage)
- Other than the 4-H Clover, posters may not incorporate copyrighted materials or trademarked materials. If the 4-H Clover is used, it must be in accordance with the rules governing the emblem.
- Poster can be in an Educational or Promotional category, with a theme of 4-H Civic Engagement, 4-H Healthy Living, or 4-H Science
- Posters from previous years cannot be re-submitted.
- Entries must be created after May 31 of prior year.



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MERRIMACK 4-H POSTER

COUNTY AWARDS & QUALIFYING FOR STATE 4-H PRESENTS:



- Score of 30 points and higher will receive county recognition. (Blue: 35-30, Red: 29-24, White: 23 & below)
- Counties may send 2 posters from each age category on to State 4-H Presents.

LETTER SIZE FOR OPTIMAL VISIBILITY

The font size chart below is based on using black Helvetica text on a white background and assumes someone with good eyesight in good light.

Viewing Distance Minimum Text Size

0.6m / 2ft	5pt
1m / 3.3ft	8pt
1.5m / 5ft	13pt
2m / 6.5ft	16pt

4-H Poster Exhibit

4-Her Name: _____

Age category: Juniors (age 8-10) Intermediates (age 11-13) Seniors (age 14 and older)

Mailing Address: _____ County: _____

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

Theme Area: 4-H Citizenship 4-H Healthy Living 4-H Science

Brief Interpretive Statement of Art Work: _____

Check List of Criteria Met (to qualify, all items must be checked acknowledging compliance) :

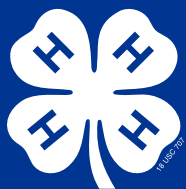
No Copyright or Trademarked materials 4-H Clover used according to regulations Poster is standard 14" x 22"

Poster was created after May 31 of prior year Poster contains one clear message (not a collage)

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

Signature of 4-H Member: _____ Date: _____

ATTACH THIS TO BACK OF POSTER



MERRIMACK 4-H PUBLIC SPEAKING

WHAT IS IT?

It has been said that public speaking is the number one fear of most Americans. 4-H gives youth a jump start on this skill by offering an opportunity for members to learn skills needed in public speaking and to have the opportunity to present their skills for feedback from a panel of judges. This opportunity is provided at the 4-H Public Speaking event. Parents and youth both report this program teaches self confidence. Members may choose the topic of their choice which can be their favorite project or a very formal talk on a specific project or area of interest. Some suggested general topic areas to consider are: Home/Family, School, Current Issues, Trips/Vacation, Humorous Topics, Historical Events and Favorite Pet. Check out the [Public Speaking Scoresheet](#) to see what the judges will be looking for.

WHO CAN TAKE PART?

Any 4-H Member between the ages of 8 – 18 as of January 1st of the current year. Cloverbuds (youth 5-7 years old) are eligible to participate in the Cloverbud Show & Tell and the Cloverbud Pet Rock Showmanship event!

SUGGESTED LENGTH OF TIME FOR SPEECH:

Juniors (8-10 years old):	2-4 minutes
Intermediates (11-13 years old):	5-8 minutes
Seniors (14 and older):	7-10 minutes

INTERPRETIVE READING:

4-Hers read a favorite poem, story, famous speech, or part of a book. Reading out loud with expression is a skill that bring alive the message to the audience. It's okay to bring props to complement your reading. Time limit for all ages is 3 – 5 minutes. Check out the [Interpretive Reading Scoresheet](#) to see what the judges are looking for. **This event is not a Qualifying event for State 4-H Presents.

CLOVERBUDS SHOW & TELL:

Cloverbud members can present a "Show & Tell". This is a non-competitive and fun way to share what you like and learn from others, too. Show & tell presentations should be 1 to 3 minutes. Check out the [Cloverbud Show & Tell Comment Card](#) to see what the judges are looking for. **This event is none competitive event and is not a Qualifying event for State 4-H Presents.

CLOVERBUD PET ROCK SHOWMANSHIP:

Cloverbuds may submit one pet rock for Showmanship.

- Choose a rock that is big enough to add features but not too big to pick up.
- Make sure your Pet Rock has a face on one end and a tail on the other end. You may add other features (legs, wings, hair or fur) if you wish.
- Show yourself and your pet rock to best advantage: This means dressing in neat and clean clothes and make sure your rock is clean.
- Put your rock down and give a short summary. (For example, say my pet rock is 4 months old. My pet is made of granite. I had fun finding and decorating my rock. Etc.)
- The judge may ask questions about your rock. Be sure to thank them at the end. Check out the [Pet Rock Showmanship Comment Card](#) to see what they are looking for. **This event is none competitive event and is not a Qualifying event for State 4-H Presents.

HORSE PUBLIC SPEAKING CONTEST:

A unique [scoresheet](#) is used for horse-themed speeches. Top Senior may be eligible to work with a coach and prepare to compete at the National 4-H Horse Round-Up in Louisville, Kentucky. Outstanding Intermediates recognized at the awards ceremony. Additionally, each county may send:

- 2 Senior Horse Public Speakers provided those members have not previously participated in public speaking at the Eastern National 4-H Horse Roundup. Winners and alternates in the Horse Communications events are eligible to compete at the Northeast Regional 4-H Horse Contest annually.
- 2 Intermediate Public Speakers with a horse-themed topic.

QUALIFYING FOR STATE 4-H PRESENTS:

Each county may send their top 2 Intermediates (age 11-13) and top 2 Seniors (age 14-18), to speak on any topic.