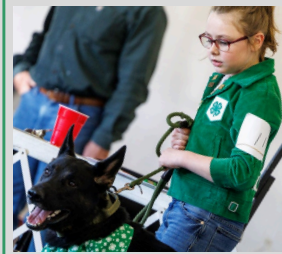




OSU EXTENSION  
**CREEK COUNTY  
4-H YOUTH DEVELOPMENT**



**CREEK COUNTY 4-H**



# MEMBER

## Handbook

[WWW.4H.OKSTATE.EDU.COM](http://WWW.4H.OKSTATE.EDU.COM)

# CREEK COUNTY 4-H

*"To make the best better"*



## Table of Content

<b>1</b>	<b>Introduction to 4-H</b>
<b>5</b>	<b>4-H Membership</b>
<b>6</b>	<b>Cloverbuds</b>
<b>7</b>	<b>Parents</b>
<b>8</b>	<b>Volunteering</b>
<b>10</b>	<b>Teen Leadership Council</b>
<b>11</b>	<b>Record Books</b>
<b>12</b>	<b>4-H Project Areas</b>
<b>15</b>	<b>4-H Awards</b>
<b>19</b>	<b>4-H Events</b>
<b>22</b>	<b>Cloverbud Events</b>
<b>23</b>	<b>4-H Has Talent</b>
<b>24</b>	<b>County Rally</b>
<b>27</b>	<b>Cupcake Wars</b>
<b>29</b>	<b>Dress Revue</b>
<b>31</b>	<b>Duds to Dazzle</b>
<b>35</b>	<b>Dutch Oven Cook-off</b>
<b>37</b>	<b>Food Showdown</b>
<b>39</b>	<b>Impressive Dress</b>
<b>40</b>	<b>Pumpkin Show</b>
<b>42</b>	<b>Table Setting</b>
<b>43</b>	<b>Order of Club Meetings</b>
<b>44</b>	<b>Club Ritual</b>



Creek County OSU Extension

17806 W HWY 66

Kellyville, OK 74039

Phone: (918) 224-2192 Fax: (918) 227-6329

Social Media

Facebook @CreekCounty4h

Instagram @creekcounty4h

Website

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

### OSU Extension Staff

4-H Youth Development, CED.....	Randi Myers-Hill
Agriculture.....	Olivia Toothman
Family and Consumer Science.....	Stacey Dawson
Administrative Support Specialist.....	Stephanie McDougal
Fairground Administrative Support.....	Tina Trout



# INTRODUCTION

## Welcome to Creek County 4-H

Whether you're a new member, a returning member, or a parent looking to get involved, this handbook is designed to help you navigate all that 4-H has to offer. Creek County 4-H is a place where youth can explore their interests, develop leadership skills, and make lifelong friends—all while having fun and learning by doing

## What is 4-H?

4-H is a youth development program that provides hands-on learning experiences in a variety of project areas. Members have the opportunity to participate in clubs, contests, community service, and leadership activities. The program is open to all youth ages 5 to 19 and is supported by Oklahoma State University Extension.

## Our Mission

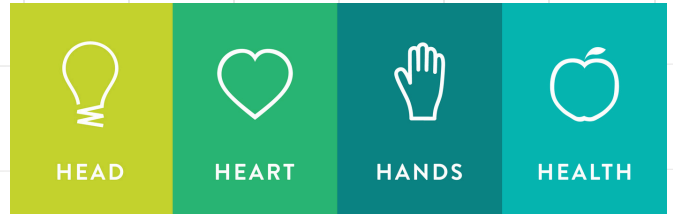
"Oklahoma 4-H is dedicated to helping youth, families, and communities reach their full potential. Through hands-on programs and events in a wide variety of projects, 4-H teaches life skills that empower youth to lead today while preparing for a successful future."





## 4-H MOTTO

**"TO MAKE THE BEST BETTER" – THIS MOTTO REFLECTS THE GOAL OF CONTINUOUS LEARNING AND IMPROVEMENT IN ALL ASPECTS OF 4-H PARTICIPATION.**



## 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 SLOGAN

**"LEARN BY DOING"**

## 4-H EMBLEM & COLORS

***The 4-H emblem is a green four-leaf clover with a white "H" on each leaf, symbolizing Head, Heart, Hands, and Health.***



**White represents purity and high ideals.  
Green symbolizes nature, life, youth, and growth.**







## WHAT DOES 4-H OFFER



4-H offers hands-on learning in a variety of project areas, including but not limited to:

- ✓ Agriculture & Natural Resources
- ✓ Animal Science - Beef, Dairy, Goats, Horse, Poultry, Sheep, Swine, Veterinary Science
- ✓ ATV Safety
- ✓ Civic Engagement & Leadership
- ✓ Communication & Expressive Arts - Public Speaking, Performing Arts, Visual Arts, Photography
- ✓ Companion Animals
- ✓ Design & Construction - Clothing and Textiles, Interior Design, Consumer Education
- ✓ Environmental Science - Forestry, Wildlife & Fisheries, Outdoor Education & Recreation, Shooting Sports
- ✓ Family & Consumer Sciences - Childcare, Family Life, Home Management
- ✓ Food Science - Nutrition, Food Preservation, Food Safety
- ✓ Healthy Living - Personal Health, Physical Fitness, Safety
- ✓ Horticulture - Gardening, Plant Science, Entomology
- ✓ Personal Development - Career Exploration, Financial Management, Leisure Education
- ✓ Science & Technology - Aerospace, Computers, Electricity, Robotics, Wood Science
- ✓ Shooting Sports
- ✓

For more detailed information on each project area, you can visit the [Oklahoma 4-H Projects page](#).

### **Members can participate in:**

- 4-H Clubs (Community, Project, and Special Interest Clubs)
- Workshops & Special Interest Programs
- Contests & Competitions
- Community Service & Leadership Activities

# HOW DO I GET STARTED

1. Enroll in 4-H – Enrollment is open from August 1 to June 30 and open to all youth at least 5 years old and in Kindergarten through 18 years of age in 12<sup>th</sup> grade. Enrollment is completed online at <http://4h.zsuite.org>. There is an annual program fee of \$20 per member (with a family max of \$60). Contact the Extension office if you plan to enroll more than 3 family members to receive the discount.
2. Join a Club – Creek County has multiple community and project clubs. Contact the OSU Extension Office if you need help finding the right club for you. The list of clubs along with contact information for leaders can be found on the Creek County Extension website.
3. Select a Project – Choose a project that interests the youth and begin your 4-H journey! There are many Extension resources for project guide books. We can help you find one for just about any project.
4. Get Involved – Attend meetings, participate in activities, and explore leadership opportunities. Many 4-H Clubs have Facebook pages where they will post club information like meeting dates and locations! You can also contact your club leader through these pages.

A calendar of county events is published at the beginning of each 4-H year. The Creek County 4-H Facebook page, county newsletter and county website are great resources for information! If your family does not utilize social media please contact the club leader or county extension office for information.

## Creek County 4-H Clubs

### Community Clubs

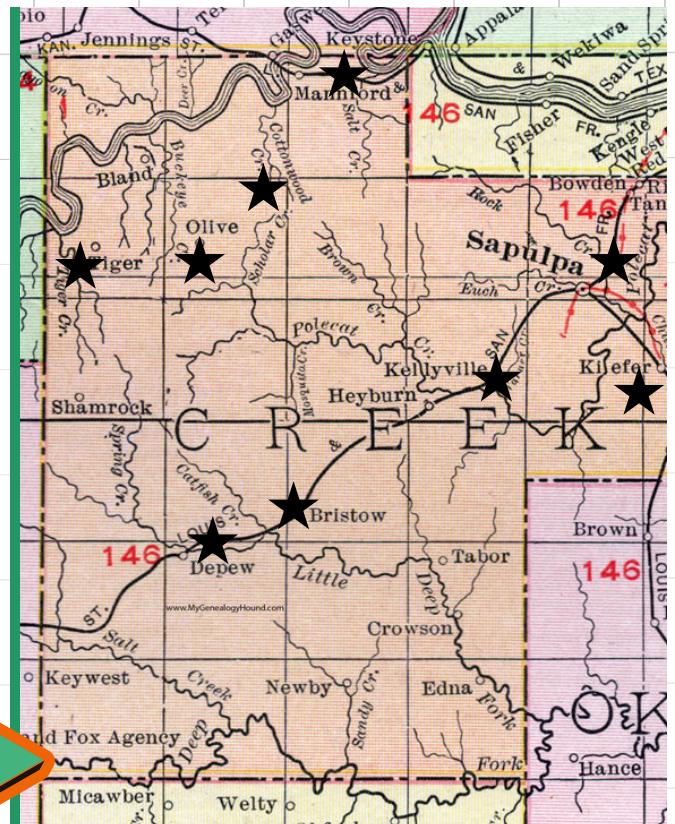
- Bristow
- Depew
- Drumright
- Kellyville
- Kiefer
- Lone Star
- Mannford
- Oilton
- Olive
- Creek Co. Renegades
- Sapulpa Rt. 66

### Project Clubs

- Horse
- Poultry
- Clover S.T.E.M.s
- Air & .22 Rifle/Pistol
- Archery
- Hunting Skills
- Muzzleloader
- Shotgun

### Special Interest Groups

- Dogs
- Home School
- Dairy Goats





## 4-H MEMBERSHIP



### What is Expected of 4-H Members?

To get the most out of 4-H, members should:

- ✓ Attend club meetings regularly
- ✓ Select at least one project and complete related activities such as : Fair Projects, Speeches, Presentations, Research etc.
- ✓ Participate in community service projects
- ✓ Follow the 4-H Code of Conduct
- ✓ Have fun while learning and growing!



### Program Fee

A \$20 annual 4-H program fee applies to all enrolled youth (Cloverbuds and 4-H members). This fee supports state and county 4-H programs and is required each 4-H year (August 1–July 31).

- The full \$20 fee applies regardless of enrollment date. No prorated fees or refunds after enrollment is approved.
- Payment is due within 30 days of enrollment or the enrollment will be made inactive.
- Payment options:
  - Online with a credit/debit card
  - Cash, check, or money order to the county Extension office
  - Financial assistance requests (scholarship application available upon request)

Families pay a maximum of \$60 total for three or more children living at the same address.

**No child will be denied enrollment due to inability to pay, but enrollment is not Active until the fee is paid. Contact the county Extension office for local scholarships or assistance.**





## What is Cloverbuds?

The 4-H Cloverbud program is designed for youth ages 5 to 7 as an introduction to 4-H. Cloverbuds participate in hands-on, age-appropriate activities that focus on fun and exploration rather than competition. This program helps younger children develop social skills, confidence, and a love for learning before transitioning into full 4-H membership at age 8.



## What Can Cloverbuds Do?

### Cloverbuds can:

- ✓ Participate in 4-H club meetings and activities
- ✓ Explore a variety of project areas through hands-on activities
- ✓ Learn teamwork, leadership, and responsibility
- ✓ Join in non-competitive events and showcases
- ✓ Make new friends and have fun!

## Cloverbud Activities & Projects

Cloverbud activities are designed to be hands-on, engaging, and educational. Some popular topics include:

- 🐔 Animal Science – Learn about farm animals and pets
- 🌱 Gardening – Explore how plants grow
- 🍌 Food & Nutrition – Make healthy snacks
- 🎨 Arts & Crafts – Get creative with colors and textures
- 🔬 STEM Fun – Try simple science experiments
- 🚜 Farm & Ag Fun – Discover where our food comes from
- 🏃 Fitness & Fun – Play games that promote movement and coordination

**Cloverbuds also have their own record books which are due at the same time as the member books, generally the first Monday in August.**





## The Role of Parents in the 4-H Program

Parents play a key role in the success of 4-H. Their involvement benefits everyone:

For the 4-H Member: Parents provide encouragement, support, and guidance, helping their child feel confident and secure.

For the Parent: Staying involved helps parents contribute to their community and stay informed about 4-H activities and opportunities.

For the Leader: Parents offer valuable help by sharing their time, skills, and support, making the leader's job easier.

### Ways Parents Can Help

- Host meetings or provide transportation.
- Assist with project selection, management, and financing.
- Encourage good habits like record keeping and meeting attendance.
- Help plan programs, serve on committees, and assist with events.
- Share personal talents or lead project work.



### How Parents Can Support Their Child's 4-H Journey

Parents play a key role in helping their child succeed in 4-H. By staying involved and encouraging your child, you help them grow in confidence, responsibility, and leadership. Support your child by helping them select and complete projects, encouraging them to attend meetings and events, and guiding them to set goals and follow through on commitments. While 4-H encourages independence, your support at home helps your child manage their time, stay organized, and finish what they start.

Parents can also help by attending meetings, volunteering at events, providing transportation, and offering special skills that benefit the club. Staying connected—by reading newsletters, following social media, and communicating with leaders—ensures your child doesn't miss out on opportunities.

Most importantly, celebrate your child's learning and growth, and model the positive values of leadership, citizenship, and service that 4-H stands for.

If you're interested in becoming a 4-H volunteer, call the Creek County OSU Extension Office for training and certification information.



# VOLUNTEERING



## Adult Volunteer Leadership in Creek County 4-H

Creek County 4-H thrives because of dedicated adult volunteers who serve as mentors, educators, and supporters of youth development. Whether leading a club, helping at events, or serving on advisory committees, adult volunteers play an essential role in shaping the program.

## Parent-Volunteer Council

The Creek County 4-H Parent-Volunteer Council is a vital part of our program, ensuring that 4-H remains a strong, youth-driven organization. This council is made up of parents, volunteers, and supporters who work together to:

- ✓ Plan and support county-wide 4-H events
- ✓ Provide fundraising and financial assistance for 4-H programs
- ✓ Offer input and guidance on program development
- ✓ Recognize and support volunteers and youth leaders
- ✓ Help promote 4-H enrollment and engagement in the community



The council typically meets quarterly and welcomes all interested parents and volunteers. Getting involved in this group is a great way to support 4-H behind the scenes!

## Becoming a Certified 4-H Volunteer

To ensure a safe and high-quality learning environment for youth, all adult volunteers must complete the OSU Extension Volunteer Screening Process before working directly with 4-H members. Serving as a volunteer is a privilege. Volunteers serve at the discretion of the Oklahoma Cooperative Extension Service and OSU. A breach of the Volunteer Behavioral Guidelines or any established rules/guidelines are grounds for immediate dismissal as a 4-H volunteer.

## Eligibility Guidelines

- Meets the age requirement (21+)
- Completed a certification process: enrollment, application, background check, training, and approval process
- Annually complete the 4-H enrollment process through 4-H online enrollment system
- Annually complete a minimum of 4 hours of continuing education, in addition to, Working with Minors and Civil Rights training.
- On a regular interval, all volunteers will be re-certified completing the certification process.





# VOLUNTEERING



## Volunteer Certification Requirements

- ✓ Complete a Volunteer Application – Includes contact information, background details, and areas of interest. This is done online at [4h.zsuite.org](http://4h.zsuite.org)
- ✓ Pass a Background Check – Required for all volunteers to ensure youth safety.
- ✓ Attend a Volunteer Orientation – Covers 4-H policies, youth protection, and best practices for working with children.
- ✓ Sign the 4-H Code of Conduct – Volunteers agree to uphold 4-H values and act as positive role models.
- ✓ Complete Yearly Enrollment – Returning volunteers must renew their status each year.
- ✓ Complete 4 hours of training annually in addition to annual certification in Working with Minors and Civil Rights

Once certified, volunteers gain access to training, support, and opportunities to make a difference in the lives of 4-H youth!

## Additional Ways to Volunteer in Creek County 4-H

There are many ways for caring adults to get involved, even if they can't commit to a year-round leadership role.

- ◆ Workshop Presenter – Share expertise in a 4-H project area by teaching a hands-on workshop.
- ◆ Event Judge – Evaluate youth projects at county fairs, speech contests, and fashion revues.
- ◆ Fundraising & Support – Help secure resources and financial support for 4-H programs.
- ◆ Guest Speaker or Mentor – Inspire youth by sharing career experiences, leadership advice, or technical skills.

## Teens as 4-H Volunteers

Teens play an important role as volunteers in 4-H, developing their leadership skills while giving back to their clubs and communities. As Teen Leaders, they assist with meetings, help younger members with projects, and support club activities and events. Through their involvement, teens gain valuable experience in mentoring, teamwork, and responsibility, preparing them for future leadership roles in 4-H and beyond. Their energy and creativity help strengthen the 4-H program and inspire the next generation of members.

***No matter your skills or availability, there's a place for you in Creek County 4-H!***



## Teen Leadership Council (TLC) Overview

All Creek County 4-H members in 7th grade and above are invited to join the Teen Leadership Council (TLC). This group meets on the first Thursday of each month from September to May and works with the county Extension Educator and 4-H volunteers to help plan and lead county events, promote 4-H, and provide leadership through workshops and project work. TLC is a great way for teens to take their 4-H involvement to the next level!

## TLC Officer Roles

Members who wish to run for a TLC officer position must:

- Be at least 13 years old and not turn 19 before September 1 of the current year
- Be an active, enrolled Creek County 4-H member with at least one full year of 4-H experience
- Have submitted a county or state 4-H record book
- Complete a TLC Officer Application by the county record book deadline
- Participate in an officer interview

## Officer Expectations

TLC officers are expected to:

- Attend at least 75% of council meetings (no more than one unexcused absence)
- Participate in at least two county events
- Lead a workshop at the county level or higher
- Attend a 4-H club meeting other than their own
- Give a public speech at a county-level event or higher
- Participate in Officer Retreat and Officer Training
- Represent Creek County 4-H positively and respectfully

## Teen Leadership Council (TLC) Officer Positions

**President** – Lead meetings, create agendas, coordinate with committees, and represent TLC at events.

**Vice President** – Assist the President, support committees, and help train officers.

**Secretary** – Take and submit meeting minutes, post draft agendas, and handle official communication.

**Reporter** – Share 4-H news through social media, newsletters, etc. Lead National 4-H Week promotions.

**Ambassador** – Help with thank-you notes, alumni relations, and promoting 4-H at public events. Support outreach efforts.

**Recreation & Song Leader** – Plan fun games, songs, and refreshments to create a welcoming, inclusive environment.

**Member at Large** (*all TLC members not elected*) – Actively participate in meetings and committees without assigned officer duties.

# COUNTY RECORD BOOKS

There are numerous awards and scholarship opportunities available through the Creek County 4-H Program. To be eligible for these opportunities, members must complete a County Record Book. County Record Books are due in the Extension Office by 4:30 p.m. on the first Monday in August, unless otherwise noted by the county Extension Educator.

Record Books should be completed by the 4-H member, either handwritten or typed. Books may include work from age 8 or the start of 4-H membership, with the current year's work in front. Only the current year's work is judged.

The County Record Book packet explains each section of the record book in great detail. The packets are available online either on the county website or Zsuite, and at the Creek County OSU Extension Office.

Record Books must include the following

- Folder - Official record book not required, but encouraged
- Project Medal Checklist/Awards Sheets
- Cover Page
- 4-H Story
- Participation Section
- Project Sections
- Photos

Blank divider pages with tabs labeling each section and individual project are to be used.

**Purpose:** The purpose of County Record Books in 4-H is to help members develop important life skills while documenting their 4-H experiences. Record books are also used to recognize and reward members' efforts. Record books encourage members to:

- Reflect on their growth by tracking goals, learning experiences, and achievements.
- Develop record-keeping and organizational skills that are useful in school, work, and life.
- Practice responsibility by completing and submitting their own work.
- Communicate their 4-H story, including leadership roles, community service, and project work.
- Prepare for future opportunities, such as applying for awards, scholarships, and leadership roles in 4-H and beyond.

## **Record Book Interviews**

To be considered for select awards, 4-H members must participate in an interview about their 4-H project work. Interviews will be conducted by a panel of qualified judges on the scheduled interview day. Phone or virtual interviews will be available only on the designated date. No exceptions. Interview dates will be announced in advance.

\*Members may use the State Record Book forms instead of the county forms and still be eligible for county awards.





## 4-H PROJECTS



One of the most exciting parts of 4-H is selecting a project! Projects allow members to explore their interests, develop skills, and showcase their hard work at events and competitions.

### **What is a 4-H Project?**

A 4-H project is a topic area that a member selects to learn about over the course of the 4-H year. Members can complete hands-on activities, participate in or lead workshops, presents speeches and exhibit their work at county and state fairs.

### **How to Choose a Project**

When selecting a 4-H project, consider:

- ✓ Your Goals – Do you want to build a skill, explore a career path, or compete at fairs and contests?
- ✓ Your Interests – What do you enjoy learning about or doing in your free time?
- ✓ Available Resources – Do you have the necessary supplies, space, and time for the project?
- ✓ Club & County Opportunities – Some projects have additional workshops, clubs, or contests available.

### **How to Complete a 4-H Project**

Once you've chosen a project, follow these steps to make the most of your experience:

Learn & Explore – Attend workshops, research your project, and gain hands-on experience.




Set Goals – Decide what you want to achieve with your project (ex: raise an animal, create an art piece, give a speech).

Keep Records – Document your progress in a 4-H Record Book with photos, notes, and reflections.

Exhibit Your Work – Participate in fairs, competitions, and contests to showcase your project.

Reflect & Improve – Look back on what you've learned and set new goals for next year.

## Where to Get Help with Your Project




-  Workshops & Clinics – Check the Creek County 4-H calendar for project-related events.
-  Club Leaders & Volunteers – Experienced mentors can provide guidance.
-  OSU Extension Office – Visit for additional resources, manuals, and project guidelines.

Oklahoma 4-H provides a variety of resources to help members succeed in their projects. The [Oklahoma 4-H Project Guide](#) is a great place to start! This website includes:

- ✓ Project Hotsheets – Brief overviews of each project area with learning goals and activity ideas.
- ✓ Project Manuals & Curriculum – In-depth guides that provide step-by-step instructions and project challenges.

## Looking Beyond Oklahoma 4-H

While Oklahoma 4-H offers fantastic project resources, members can also explore materials from other state Extension programs. Many 4-H programs across the country provide online guides, project books, and activity ideas. If you are looking for additional learning materials, check out:

-  Other State 4-H Websites – Many states offer free PDFs and lesson plans that can supplement your project.
-  National 4-H Curriculum – Some project areas have national-level resources that can be purchased or accessed through your Extension office.
-  Local & Statewide Workshops – Look for opportunities to learn from professionals, industry leaders, and 4-H alumni.



Remember, 4-H is all about learning by doing, and the more resources you explore, the more you can grow in your project!



# 4-H PROJECT MEDALS



4-H Project Medals recognize members for their growth and accomplishments in their project areas. **Setting a project goal at the beginning of the 4-H year will help you stay focused and work toward earning a medal at the highest level.** The following criteria are used to determine county awards in all project areas. **All criteria must be completed to earn a medal.** Members may earn the same medal in a project area more than once and are encourage to grow their project throughout their 4-H career. Awards are presented each year at the 4-H Achievement Banquet. **Members may earn up to three (3) project medals per year.**

## Participation Certificate

- Complete a 4-H Record Book (project pictures optional).
- Write a 4-H Story (at least ½ page).
- Learn at least one new thing related to the project.
- For members who do not yet meet Bronze Medal criteria.
- Be an enrolled 4-H member and attend meetings regularly.

## Bronze Medal

- Complete a 4-H Record Book (project pictures optional).
- Write a 4-H Story (at least ½ page).
- Participate in one county-level 4-H event.
- Complete one citizenship project.
- Learn three new things in the project area.
- Be an enrolled 4-H member and attend meetings regularly.

## Silver Medal

- Complete a 4-H Record Book (project pictures required).
- Write a 4-H Story (at least 1 page).
- Participate in two county-level 4-H events.
- Complete one citizenship project related to the project.
- Learn three new things in the project area.
- Give a speech or illustrated talk related to the project (can be presented at a club meeting, civic group, or county 4-H event).
- Be an enrolled 4-H member and attend meetings regularly.

## Gold Medal

- Complete a 4-H Record Book (project pictures required).
- Write a 4-H Story: at least 1 page
- Participate in three county-level 4-H events.
- Complete two citizenship activities with one being related to the project.
- Complete two leadership activities with one being related to the project area.
- Learn five new things in the project area.
- Give two speeches or illustrated talks: one on the project and one on another topic (presented at a club meeting, civic group, or county 4-H event).
- Be an enrolled 4-H member and attend meetings regularly.





# 4-H AWARDS



Creek County 4-H provides a variety of opportunities to recognize members for their hard work, dedication, and achievements. From project awards to scholarships, members can earn recognition at the county, state, and even national levels.

**4-H Year:** August 1<sup>st</sup> - July 31<sup>st</sup>

**Official 4-H age** is determined by the youths public school grade as of Sept 1.

**Official Age Divisions:** Per State Rules and Regulations

Two (2) Age Divisions:

Junior 3<sup>rd</sup> - 7<sup>th</sup> Grade

Senior 8<sup>th</sup> - 12<sup>th</sup> Grade

Three (3) Age Divisions:

Junior 3<sup>rd</sup> - 5<sup>th</sup> Grade

Intermediate 6<sup>th</sup> - 8<sup>th</sup> Grade

Senior 9<sup>th</sup> - 12<sup>th</sup>

**Completion of the County Record book is required for all county awards and scholarships.**

## County 4-H Awards

### Best Overall Record Book Award

Awarded to the most outstanding record book in each age division (Junior, Intermediate, Senior). This award recognizes excellence in project record keeping and overall presentation. No interview is required. Books are evaluated on:

1. Following record book guidelines
2. Organization and neatness
3. Quality of 4-H involvement and the 4-H Story

### Clover Award

The Clover Award encourages well-rounded participation in the 4-H program. Members earn points by taking part in a variety of events and activities throughout the year. Accurate record-keeping is essential for this award. A separate Clover Award application is required in addition to the Record Book. See the application for full details.

### Leadership and Citizenship Awards

These awards recognize one outstanding Junior and one outstanding Senior member for their leadership or citizenship efforts through 4-H. This includes work within their project areas or as part of club and county activities. Recipients will be awarded a plaque at the Achievement Banquet. *Interview required.*

### Outstanding First Year Member

Recognizes first-year 4-H members who demonstrate exceptional effort and involvement at the local and county levels. *Open to first-year members in any age division.* Award recipients will be recognized at the Achievement Banquet. *Must have completed their first full year in 4-H. Interview Required.*

### Outstanding Intermediate 4-H Member

Recognizes one Intermediate (7<sup>th</sup>-9<sup>th</sup> Grade) 4-H member who has shown outstanding achievement and growth in their 4-H work at the local and county level. *Interview Required.*



# 4-H AWARDS



## County 4-H Awards (Continued)

### Creek County Junior Hall of Fame

This award honors up to two outstanding Junior 4-H members who have shown high achievement at the local and county level and demonstrated progressive growth in their 4-H work. Recipients' portraits will be displayed in the OSU Extension Office for one year. *Requirements: 7th grade or below as of September 1 of the award year, submit a County Record Book for the current year, Record Book Interview.*

#### Eligibility:

1. *Must be in 7th grade or below as of September 1 of the award year.*
2. *Must submit a County Record Book for the current year.*
3. *Must participate in the Record Book Interview.*

### Creek County Senior Hall of Fame

This award honors up to two outstanding Senior 4-H members who have demonstrated high achievement, leadership, and growth in their 4-H work at the local and county level. Recipients' portraits will be displayed in the OSU Extension Office for one year.

#### Eligibility:

1. *Must have completed 9th grade and not have passed their 19th birthday.*
2. *Must submit a County or State Record Book, showing overall participation in:*
  - a. *Achievement*
  - b. *Leadership*
  - c. *Citizenship*
3. *Preference is given to members who participate in a wide variety of local and county educational programs and activities.*
4. *Number of years in 4-H is considered only if candidates are equally rated in other areas.*
5. *Must show progressive growth and leadership development in their 4-H work.*
6. *Must participate in the Record Book Interview.*

### 4-H Award Trip Selection Procedure

Note: Trip requirements and details may change each year based on the State or District 4-H office rules and regulations.

- Members may only win one out-of-state trip per year. Winning a state-sponsored trip does not count toward this limit.
- A member may receive each trip award only once.
- Members must be 15 years old by January 1 of the current year to qualify for out-of-state trips.

### Funding Guidelines (County Sponsored Funds):

Funding for trips is determined by the Creek County 4-H Leaders Council. To qualify for county funding, members must:

1. *Submit a Record Book.*
2. *Participate in 30% of county competitive activities.*
3. *Complete a community service project at least once a year.*

\*If a member is not awarded a scholarship, they may fund their own trip if space allows.



# 4-H AWARDS



## County 4-H Award Trips and Scholarships

### Citizenship Washington Focus

Citizenship Washington Focus is a national 4-H leadership program for high school youth, held for seven weeks each summer at the National 4-H Youth Conference Center near Washington, D.C. Delegations from across the country participate in workshops, field trips, committees, and social activities that help broaden their understanding of citizenship and leadership. Participants gain hands-on experiences that build skills for success in their communities and beyond.

### Senior Leadership Conference

Oklahoma 4-H delegates attending Senior Leadership Conference will:

- Build friendships with fellow 4-H members and leaders
- Actively participate in social and educational programs
- Grow personally and as leaders
- Strengthen leadership and citizenship skills
- Explore career ideas and cultural development in fields like business, agriculture, science, education, and the arts
- Share meaningful personal experiences to inspire others

### Creek County 4-H Scholarship Guidelines

This \$500 scholarship supports post-secondary education.

Guidelines:

- Funds are awarded after enrollment is verified following the recipient's first semester.
- If the recipient does not attend post-secondary education within one year, the scholarship is revoked and awarded to a runner-up.
- Available for any post-secondary education (college, vocational-technical schools, etc.).
- Open to high school juniors and seniors who plan to continue their education.
- Applicants must show leadership potential, participate in community service, and be active 4-H members.
- Recipients are selected based on their record book, interview, and 4-H participation.
- May be used for tuition, fees, books, room and board, computers, health insurance, and other education-related expenses.
- If awarded as a junior, the recipient is not eligible to apply again as a senior.
- Scholarship recipients must be full-time students.

### County Event Scholarships

Small scholarships may be available for events such as Summer Camp and State 4-H Roundup. To be eligible, members must have completed a record book in the previous year.

### Sponsored Project Awards

4-H members who present blue-ribbon quality speeches or demonstrations at the county level or higher may be eligible for special awards presented at the Achievement Banquet.

- **Breads:** 1 junior & 1 senior team/individual. One-time award per age group. (Donor: Shawnee Milling Co.)
- **Dairy Products:** 1 team & 1 individual. Awarded once per 4-H career. (Donor: Associated Milk Producers)
- **Peanut Production** or Foods: 2 individuals or 1 team. Awarded once per career. (Donor: Oklahoma Peanut Commission)
- **Pork Promotion:** 1 individual. Must promote pork as food and complete the Pork Council Award application. One-time award. (Donor: Oklahoma Pork Council)
- **Water Conservation:** 1 individual. Presentation must focus on water conservation. (Donor: Oklahoma Water Resources Board)



# STATE 4-H AWARDS



Provided below is a brief overview. For full award and scholarship details, visit the Oklahoma 4-H website under the Members → Record Book & Scholarship Information tab: [4h.okstate.edu/members/record-book-and-scholarship-information](http://4h.okstate.edu/members/record-book-and-scholarship-information)

## **State Record Books (Levels I & II Scholarships)**

- Available to 8th-12th graders (under 19 by Sept 1).
- Submit up to 2 project-level books.
- Books must include a report form, project story, photos, and certification
- Due: First Monday in April by 4:30 p.m. at the Extension Office.
- Qualifies members for Level I & II scholarships and state recognition.
- Forms are updated each year and available on the State 4-H Website around Dec. 1<sup>st</sup>.

## **Level III & IV Scholarships**

- Level III: For graduating high school seniors. Due with State Record Book.
- Level IV: For college undergraduates with at least one year completed. Due with State Record Book.
- Separate applications with specific forms and transcripts

**Pickens Legacy Scholarship** available for those who are planning to attend Oklahoma State University. Has specific application which is due February 1<sup>st</sup>

## **Oklahoma 4-H Hall of Fame & Blue Award Group**

- Honors top 20 outstanding leadership, achievement, and citizenship.
- Open to 10th-12th graders (or under 19), with at least 3 years of 4-H and 2 state record books submitted

## **National 4-H Congress**

- National 4-H Conference is a future-focused program that aims to build strong leaders through roundtable discussions, town hall meetings, group assemblies, and visits with national legislators.
- Applicants must be 16 years old
- Requires application, résumé, essay, and possibly interviews due in January

## **Oklahoma 4-H Key Club**

- Honor society for 4-H members age 15+ showing leadership, loyalty, and responsibility.
- Applicants accumulate 400 points, submit an application by the state record book deadline, and make both 4-H and public presentations
- 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 county 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.



# EVENTS & COMPETITIONS

One of the most exciting parts of 4-H is the variety of events, contests, and competitions available at the county, state, and national levels. These opportunities allow members to showcase their skills, gain confidence, and have fun with fellow 4-H'ers.



## How to Prepare for 4-H Competitions

- ✓ Read the Guidelines – Each event has specific rules and requirements. These can be found on the Creek County 4-H website or at the Extension Office.
- ✓ Attend Workshops – Many events offer practice sessions or clinics to help members prepare.
- ✓ Practice, Practice, Practice! – Whether it's public speaking, cooking, or showing livestock, preparation is key to success.
- ✓ Ask for Help – Club leaders, project mentors, and older 4-H members can provide guidance.



## Where to Find Event Information



Creek County 4-H Calendar – Published at the beginning of each 4-H year, listing all major events.



Social Media & Newsletters – Follow Creek County 4-H on Facebook and check the monthly newsletter for updates.



Extension Office, Zsuite, & County Website – Visit the Creek County OSU Extension website for contest details and entry forms.



## COUNTY EVENTS



### Achievement Banquet

🏆 An end-of-year celebration recognizing the achievements of Creek County 4-H members with awards, scholarships, and special honors. Youth must submit a County or State Record Book to attend.

### Creek County Fair

🏆 Annual community event where 4-H members can showcase their project work, from livestock and crops to crafts and foods. It provides an opportunity for youth to exhibit what they've learned and accomplished through 4-H.

### County 4-H Rally

🎯 A communication contest where members can develop and showcase their public speaking and presentation skills.

### Cupcake Wars

🧁 A creative baking competition where members decorate cupcakes based on a chosen theme.

### Duds to Dazzle

🧵 A sewing and design contest where teams repurpose textiles into creative designs.

### Dutch Oven Cook-Off

🔥 A fun outdoor cooking contest using Dutch ovens to create delicious meals over an open fire.

### Food Showdown

👨‍🍳 A team cooking challenge where members prepare a dish using surprise ingredients and present their creation to judges.

### 4-H Has Talent

🎤 A performing arts competition where members can showcase talents such as singing, dancing, acting, or other creative performances.

### Impressive Dress & Dress Revue

👗 Promotes awareness of appropriate attire. Impressive Dress garments may be purchased or sewn; Dress Revue garments must be sewn by the member.

### Pumpkin Show

🎃 A fun, fall-themed contest where members showcase their creativity with foods, art, and STEM (Pumpkin Chunckin'.)

### Spring Livestock Show

🐄 A chance for members to showcase cattle, sheep, goats, and swine in a competitive exhibition.

### Summer Camp

🏕️ A fun-filled overnight camp experience with outdoor activities, leadership workshops, and team-building exercises.

### Workshop Week

🔧 A week-long event packed with hands-on workshops covering a wide range of 4-H project areas.

**Follow us on Facebook! We'll keep you posted if we add new events!**





## 4-H EVENTS



**Judging Events:** Various judging events are held around the district and state. Includes livestock and non-livestock. Contact the Extension office for specific judging opportunities.

### District Events

- Discovery Unlimited: Overnight leadership camp for 5th–6th graders at Sky Ranch.
- Northeast District Youth-in-Action: A leadership conference during Fall Break for 7th–12th graders. Transportation provided.
- Northeast District Contest Days: Held in late May/early June, featuring contests in speeches, talent, quiz bowls, archery, culinary contests, and skill-a-thons.
- Northeast District Horse Show: Held in the spring, allows members to compete in various horse events

### State Events

- State 4-H Roundup: A three-day leadership conference at OSU for members 7th grade and up. Includes contests, workshops, and recognition events. Orientation required.
- State Fairs: Visit the Tulsa State Fair website for schedules and entry info on livestock and other contests.
- 4-H Day at the Capitol: Opportunity for members to meet with State Representatives and Senators to share their 4-H story.
- 4-H Youth Innovate Summit: Challenge yourself to learn new leadership skills, teach workshops in agriculture, computer science, and robotics.
- 4-H Outdoor Adventure: An outdoor leadership program designed for teens to develop teamwork, leadership and outdoor skills.
- Horse Events: Information, dates & resources for 4-H associated horse events.
- Night at the Science Museum: Stay the night at the Science Museum in OKC, do science workshops, and have fun.
- Zoo Snooze: An overnight stay at the Oklahoma City Zoo
- ZZZ's Under the Seas: An overnight stay at the Oklahoma Aquarium learning all about salt and fresh water fish and animals.

### Volunteer Events

- State Volunteer Conference: A summer conference in Stillwater for adult volunteers to learn, network, and gain new resources.





## CLOVERBUD EVENT EXHIBITS



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, or 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

### DRESS REVUE:

Decorated T-shirt or other purchased fabric item that can be worn and has been decorated.

### CREEK COUNTY IMPRESSIVE DRESS:

Participate in one category listed in the Creek County Impressive Dress rules and regulations.

### CREEK COUNTY FAIR:

1. Item made from recycled materials
2. Insect collection: 10 specimens-follow directions for 1st year 4-H box.
3. Oklahoma Leaves: Collection of 5 leaves mounted and labeled on poster board.
4. Christmas tree ornament
5. 3 Cookies of one variety
6. Paper craft
7. Painted plaster or ceramic item
8. Snapshot photo, mounted on poster board-follow photography rules
9. Bead Craft
10. Horticultural Exhibit – see 4-H sections on Home Gardening/Terrariums/Dish Gardens
11. Other

### COUNTY RALLY:

There will be a “Show and Tell” class for Cloverbuds.

### SPRING LIVESTOCK SHOW:

Exhibitors must be at least 7 years old by the date of the Livestock Show. Exhibitors between the age of 7 and 9 years old must be a Cloverbud with “Active” enrollment in Creek County 4-H.

### CUPCAKE WARS:

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

### 4-H Has Talent:

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

### CLOVERBUD RECORD BOOK:

Cloverbud members can complete a 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. They may choose to complete a Cloverbud book or a standard Creek County Record Book.







# 4-H HAS TALENT



## Purpose

4-H Has Talent is intended to provide 4-H'ers with an opportunity to perform on stage and share their talents with other 4-H members and their audience.

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

- Cloverbuds: Kindergarten – 2<sup>nd</sup> Grades
- Junior: 3<sup>rd</sup> – 7<sup>th</sup> grades
- Senior: 8<sup>th</sup> – 12<sup>th</sup> Grades

## Type of Act:

- General Variety - lip sync, novelty, comedy, skits, skills, etc.
- Performing Arts – instrumental, vocals, dance, drama, etc.

## Classification of Acts:

- Individual Act - Any type of act put on by one individual.
- Small Group Act- Any act made up of two to four people.
- Large Group Act- Any act composed of five or more performers.

## Rules:

- A 4-H'er may enter only one act per category (Individual, Small Group, Large Group).
- Each club may enter unlimited Individual & Small Group acts; Large Group acts limited as noted above.
- Music acts must be arranged at pre-registration. Music should be provided on a CD or digital download.

## Performance Guidelines:

- Performance time: 6 minutes max on stage
- Total time (including setup & takedown): 10 minutes max
- Time penalties apply if acts run over the limit:
  - ½ min. over = minus 2 points
  - 1 min. over = minus 5 points
  - Each additional min. over = minus 10 points

## Judging criteria will be as follows:

- Performance & Polish: 50%
- Appearance: 20%
- Audience Appeal: 15%
- Projection/Stage Presence: 15%

## Awards:

- Ribbons will be presented to 1<sup>st</sup> – 5<sup>th</sup> place







# COUNTY RALLY



## Purpose:

County Rally gives 4-H'ers a chance to build public speaking skills in a supportive environment.

## Age Divisions: (as of Sept. 1)

- Cloverbuds: K-2nd grade (non-competitive Show & Tell)
- Juniors: 3rd-5th grades
- Intermediate: 6th-8th grades
- Senior: 9th-12th grades

## General Rules

1. Pre-registration is required for all contest areas. Electronic speech presentations must be submitted with your registration.
2. Participants may only enter one speech per category (ex: one regular speech, one illustrated presentation, etc.).
3. Members are responsible for arriving at the correct room on time. A hall monitor may be available to help, but it is ultimately the member's responsibility.
4. Presentations should follow time guidelines. Speeches that are significantly too short or too long may be scored lower.
5. Family, friends, and guests may observe speeches, unless otherwise stated.
6. All participants will receive a ribbon rating (blue, red, or white). The top two in each division will be awarded Grand Champion and Reserve Grand Champion.
7. Members must provide all materials and supplies for their presentation and are responsible for cleanup afterward.
8. Special equipment, animals, or props must be approved in advance. Firearms, live ammunition, rocket engines, or explosive powders are not allowed without written OSU Extension approval.
9. For illustrated and electronic presentations, all technology must be tested and ready to use. Extension staff will provide a basic projector and laptop but members may bring their own.
10. Teams consist of two people only and will compete in the older participant's age division. Individuals and teams are judged separately.

## Contest Categories

### ▶ Show & Tell (Cloverbuds Only)

A simple show-and-tell style speech over any topic, great for practice.

### ▶ Regular Speech

No props or visuals. Any topic.

- Jr: 3-5 min | Int/Sr: 5-7 min

### ▶ Illustrated Presentation (Demonstration with props)

- Includes demonstrations and presentations. Visual aids required.
- Time: Jr: 3-10 min | Int/Sr: 5-12 min
- Can complete as an Individual or Teams of 2 members. Teams and individuals are judged separately.
- Foods presentations: Bring your own supplies for presentation and clean up.
- Animals & special equipment: Must have pre-approval.





# COUNTY RALLY



## Contest Categories Continued

### ▶ Electronic Speech

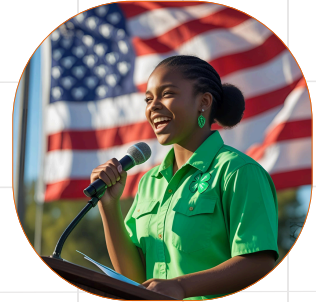
Uses PowerPoint or other computer generated presentation as a visual aid.

- Time: Jr: 3–10 min | Int/Sr: 5–12 min
- Bring an electronic copy. Laptops and projectors provided.

### ▶ Extemporaneous Speech (Topic given on-site)

Members draw a topic relating to 4-H or a current issue and prepare their speech on the spot. No props.

- Time: Juniors 2–5 min (5 min prep)
- Time: Int/Sr: 3–5 min (10 min prep)
- Key Guidelines:
  - Must state your assigned topic in the speech.
  - No outside help during prep.
  - Notes are turned in to the judge after speaking.



### ▶ Ritual Contest

Members recite the 4-H Ritual to a judge, focusing on accuracy and expression.

- The adult supervisor will recite the Vice President's part of the Ritual with the 4-H member responding with the member's part before a judge.
- A copy of the 4-H Ritual can be found in this handbook or requested from the Extension Office.

### ▶ Job Readiness

Showcase your understanding of a real-world job through resumes, interviews, and presentations.

- Jr: Create a flyer for a home-based business + answer questions.
- Int/Sr: Resume, job description, application, and interview. Seniors also write a follow-up letter.

### ▶ Creative Writing

Members may submit a written piece that demonstrates their creativity, storytelling, and writing skills.

Acceptable submissions include:

- Short stories
- Personal essays
- Poems

Submissions must be original work, appropriate for the member's age and grade level, and follow fair entry guidelines: Max 500 words, typed, 12-point font, double-spaced. Entries will be judged on creativity, clarity, grammar, and organization. Creative Writing entries are due at the time of contest registration.

### ▶ Video Oratory

Members may submit a pre-recorded video of themselves delivering a speech, poem, or persuasive monologue. This category allows youth to demonstrate public speaking skills through digital media.

Guidelines:

- Videos must be one continuous, unedited take.
- Length: Jr: 3–5 min | Int/Sr: 5–7 min
- Proper posture, eye contact, vocal clarity, and background choice will be judged.
- Videos should be recorded in landscape (horizontal) orientation and posted to Youtube.
- Video Oratory submissions are due at the time of contest registration.



## Selecting a Topic & Writing a Speech

Choosing a great speech topic is the first step toward a successful presentation. Start with a subject that you know and care about—something related to your 4-H projects, hobbies, school, community, or current events. The best speeches come from personal experience, interests, or issues important to youth today. Be sure your topic fits your age division's time limit and can be explained clearly in a few minutes.

When writing your speech, follow a simple outline:

- **Introduction:** Capture your audience's attention right away. Start with a question, interesting fact, or short story. Clearly tell your audience what your topic is.
- **Body:** This is the main part of your speech. Share 3–5 key points and explain them clearly. Support your ideas with examples, facts, or personal experiences. Stay focused on your topic.
- **Conclusion:** Wrap up your speech by summarizing your main points. End with a strong closing sentence that leaves your audience with something to remember.

Practice your speech several times to feel confident. Speak clearly, make eye contact with your audience, and most importantly—be yourself and have fun sharing what you know!

## Tips for Making a Great Video Oratory

Creating a strong video submission is about more than just knowing your speech—it's about presenting it well on camera. Here are some helpful tips:

- **Start with an Introduction:** Begin your video by clearly stating your full name, your 4-H club name, and the title of your piece. For example: "Hello, my name is Taylor Smith from the Kiefer 4-H Club. Today I'll be presenting my oratory titled The Power of a Helping Hand."
- **Choose a Quiet Location:** Find a place with minimal background noise and distractions. Avoid areas with echoes or outside sounds.
- **Use Good Lighting:** Face a natural light source or use lamps to light your face clearly. Avoid standing in front of windows or bright lights that can create shadows.
- **Set Up Your Camera:** Use a phone, tablet, or camera on a stable surface or tripod. Record in landscape (horizontal) mode, and make sure your face and upper body are visible in the frame.
- **Dress Neatly:** Wear clothes that are clean and appropriate for public speaking, just like you would for an in-person contest.
- **Speak Clearly and Confidently:** Look directly at the camera lens when speaking. Use clear pronunciation, good posture, and natural gestures.
- **Practice First:** Record a practice version and watch it to see what you might want to improve before submitting your final video.

Remember—this is your chance to shine and show your communication skills in a new and creative way!



# CUPCAKE WARS



## Purpose

The 4-H Cupcake Wars contest is a fun, creative culinary challenge that allows youth to demonstrate skills in food preparation, creativity, teamwork, and public speaking through cupcake decorating and presentation.

## Objectives

- Provide 4-H members with opportunities to apply culinary and food safety knowledge.
- Foster teamwork, leadership, and public speaking through team collaboration and presentations.
- Encourage creativity and critical thinking in food design and decoration.

## Basic Rules

- Teams will consist of 2-3 4-H members.
- There will be 3 Age Divisions
  - Cloverbuds K-2<sup>nd</sup> grade -May participate as team or as an individual
  - Junior teams 3<sup>rd</sup>-7<sup>th</sup> grade
  - Senior teams 8<sup>th</sup>-12<sup>th</sup> grade

## Preparation

1. Each team will display three cupcakes. Cloverbuds competing as an individual may display 1 cupcake.
2. Each team will bring “naked” cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.
3. Each team will bring the frosting mixed in bowls. The frosting should not be tinted prior to contest. Teams will tint and place in frosting bags, if needed at the contest. Frosting can be either store bought or homemade. Can be either 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. No premade items out of fondant will be allowed.
6. Teams are allowed to use edible decorating items. **Only edible items can be used on the cupcakes.**
7. 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 different but should relate to your theme/name. Cupcakes should be the main focus of the table, keep decorations to a minimum.

## During Contest

1. Each team should check in at judging area at designated time.
2. The items you bring for the contest will be checked by contest facilitators.
3. Each team will be assigned a preparation station. Only team members are allowed in this area.
4. No coaching will be allowed during contest.
5. Judges will observe preparation to assist in determining the team score.
6. Each team will have thirty minutes to decorate their cupcakes and clean up the preparation area.
7. 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.
8. Electricity will not be available at the contest. Teams should select their recipe with this in mind.



# CUPCAKE WARS



9. Open heat sources (e.g. hot plates, torches, butane burners, etc.) are not allowed.
10. Each team must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment during contest.
11. Teams should practice proper food safety and be prepared to discuss food safety practices used by their team in their presentation to the judges.
12. Teams are encouraged to bring their own table covering for preparation.
13. Table decorations are allowed.

## Clean-up

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

## Presentation:

1. Teams are allowed to bring their presentation scripts with them.
2. All team members must participate in the presentation; all team members must have a speaking role.
3. When time is called, each team will present their cupcakes to the judge(s). There is a time limit of 4 minutes for presentation. The team should provide the following information:
  - a. Introduction
  - b. Creative Name of Cupcakes
  - c. Two major nutrients
  - d. Food preparation principles
  - e. Food Safety
4. Cupcakes will not be tasted during judging – but will be judged based on theme representation, neatness, technical difficulty and creativity.
5. The judge(s) may ask questions.
6. No talking and no writing allowed among any team members while waiting to give the team presentation.
7. Placings will be based on rankings of teams by judges. Judges' decisions are final. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings will be awarded.
8. An awards program will be held at the conclusion of the judging process.







# DRESS REVUE



## Purpose:

This contest allows 4-H members to demonstrate their clothing construction and design skills by entering garments or fun textile projects. Clothing projects may be modeled by the member during the contest.

## General Rules:

- Members may enter all classes for their age division.
- Age divisions are determined as of September 1 of the current 4-H year:
  - Beginning: Grades 3–5
  - Intermediate: Grades 6–8
  - Senior: Grades 9–12
- Fun Construction Projects (e.g., home décor, recycled items) are judged separately from Clothing Construction Projects.
- Awards: Blue/Red awards plus Champion & Reserve in each division.

## DRESS REVUE BY LEVEL

### BEGINNING LEVEL (Grades 3–5)

#### Construction Projects:

1. Chef or Work Apron
2. Elastic Waist Skirt
3. Elastic Waist Shorts
4. Simple Two-Piece Activewear

#### Fun Construction:

5. Decorated Ready-Made Shirt (fabric scraps, trims, buttons, paints, etc.)
6. Recycled Item
7. Miscellaneous Textile Design (jewelry, hair accessories, pet clothes, etc.)

### INTERMEDIATE LEVEL (Grades 6–8)

#### Construction Projects:

8. Bath Robe
9. Pull-On Top & Coordinating Bottom
10. Shorts, Pants, Skirt, or Culottes with Waistband
11. One-Piece Dress or Jumpsuit
12. Two-Piece Garment using Intermediate Sample Notebook Techniques
13. Polar Fleece Clothing Item

#### Fun Construction:

14. Recycled Garment (include cost sheet & before picture)
15. Decorated Garment (stitching, appliqués, embroidery, etc.)
16. Miscellaneous Textile Design





# DRESS REVUE



## DRESS REVUE BY LEVEL

### ADVANCED LEVEL (Grades 9–12)

#### Construction Projects:

17. Polar Fleece Clothing Item
18. Two-Piece Ensemble using Advanced Sample Notebook Techniques
19. Lined Skirt, Pants, or Jacket
20. Unlined Garment (1–2 pieces using 2 techniques from Advanced Notebook)
21. Coat (lined or unlined)
22. Lined Suit or Dress
23. Special Occasion Garment (e.g., prom dress, riding attire)

#### Fun Construction:

24. Garment from Unconventional Textile (blanket, towel, sheet, etc.)
25. Recycled Item (attach cost sheet & before picture)
26. Embellished Garment (ready-made or handmade)
27. Miscellaneous Textile Design

#### **For sewing guides and technique notebooks, visit:**

#### Oklahoma 4-H Design & Construction Project Resources

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

#### **Sample Scorecard:**



#### **Contestant Name:**

#### **Item:**

	Excellent 7pts	Good 5-6 pts	Fair 3-4 pts	Needs Improvement 1-2pts
Fabric appropriate to garment				
Construction appropriate to garment				
Smoothly and securely sewn - pucker-free, appropriate machine tension				
Proper use of interfacing				
Correct seam finishes				
Inner construction "invisible"				
Details and closures lie smoothly				
Finishing / hems				
Appropriately pressed				
Notions and decorative detail appropriate to fabric and garment				
Cleanliness				



# DUDS TO DAZZLE



## Purpose:

4-H members participate in the 4-H Fashion & Interior Design project to become knowledgeable in a multitude of concentrated skills including, but not limited to, design, construction, and consumer buying. The Oklahoma 4-H Duds to Dazzle qualifying competition has taken another step in expanding the learning experience by “going green” through the introduction of eco-fashion.

## OBJECTIVES

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

## PARTICIPANT RULES (COUNTY/DISTRICT/STATE LEVELS)

- Age divisions
  - Junior Division: 3rd - 5<sup>th</sup> Grades
  - Intermediate Division: 6th - 8<sup>th</sup> Grades
  - Senior Division: 9th - 12<sup>th</sup> Grades
- Each team will have a maximum of three members per team. Teams may include members in different age divisions, the team will compete in the division of the oldest member.
- Each team may be required to pay a registration fee to cover the cost of materials for the contest.
- Design categories. There will be three categories in each age division: Wearable, Accessory/Jewelry, and Non-wearable. Teams will be randomly assigned to a category, but assignments will not be announced until check-in on the day of contest.
  - Wearable is clothing that is suitable to be worn by people or pets. Ex: shirt, coat, vest, dress, costume, leggings, swimsuit cover, etc.
  - Accessory/Jewelry is an article or set of articles that can be added to an outfit to make it more useful, versatile, or attractive. Ex: apron, earrings, purse, headband, hat, belt, necklace, etc.
  - Non-wearable is an item that is not suitable to be worn. Ex: pillow, towel, jewelry pouch, cellphone or tablet case, stuffed animal, doll clothes, Christmas stocking, etc.
- Each team will have the option to wear coordinating clothing appropriate for construction and the team presentation. A team name is acceptable.
- Resource materials. A Planning and Presentation Worksheet will be provided for each team at the contest. No other resource materials will be allowed. The following resources are available for teams to use in preparation for competition: Unraveling the Mystery of Design Elements and Principles in Clothing, Laundry on Your Own, Hand Stitching, Pricing Tips and Tricks, Safety Guide, and Simple Seaming Techniques.
- Sewing kit. Each team must supply their own equipment for the competition. A team can choose not to include a listed item, but no additional item can be added. Kits will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated, and the team may be disqualified. See page 42 for list.



## DUDS TO DAZZLE



- Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the Extension office at least two weeks before the competition.

### RULES OF PLAY

- Teams will report to the designated location for check-in.
- An orientation will be provided for all participants.
- No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches or other communication devices.
- Each team will be directed to a construction station. There will be collections of materials at each station, but no pattern. The materials following categories: Wearable, Accessory/Jewelry, or Nonwearable.
- Each team will have 60 minutes to construct an item, plan a presentation, and clean up the construction area.
- A textile, worksheet, and any necessary additional instructions will be located at each station to assist the team. Teams will no longer be given a scenario card.
- Only participants and contest officials will be allowed in construction areas.
- Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, volunteers, County Extension Agents, or contest officials. Instead, team members must work together and be creative in completing construction without the malfunctioning equipment.
- Each team will be provided with a startup textile item(s) for their assigned category and will create a garment/item using them. Each category may be provided the same textile, or each category may receive a separate original item. Clarification: at contest, all teams competing in Wearable may receive a men's button-down dress shirt; each team competing in Accessory/Jewelry get 5 silk neck ties; and the teams entered in the Non-wearable category are given table runners or every team competing in Duds to Dazzle is provided with an adult-sized t-shirt to refurbish. The choice is at the discretion of the contest officials.
- Teams are challenged with being creative in developing an original product with the materials provided.
  - Teams must incorporate each material into the product. However, teams may determine the exact amount of each material to use, keeping in mind that **a minimum of 50% of the visible final product must include the initial material(s)**. Clarification: if the category is Accessory/Jewelry, and the team is provided a cloth shower curtain as the original item to be refurbished, they do not have to use 50% of the shower curtain. If you choose to make a purse from the shower curtain, a minimum of 50% of the visible finished purse must be comprised of the curtain. The lining of the purse that can be opened is considered visible. If the shower curtain is used as stabilizer between layers of fabric it would not be visible.
  - Teams will have access to a "closet" of additional materials that may be incorporated into their products. The number of additional materials a team may get will be determined by contest officials and announced during participant orientation.
  - The sketch book, note cards, and worksheet may be used to prepare for construction of the item and the team's presentation. Teams should be exact on materials utilized, construction steps, techniques used, etc.





## DUDS TO DAZZLE



- When time is called, each team will present their item, according to the criteria on the score card, to a judge(s). A team can display the final product to the judges as they choose - model, hold, or place on the table.
  - All team members must participate in the presentation.
  - Judging time may include:
    - 5 minutes for the presentation
    - 3 minutes for judges' questions
  - Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
  - Judges may ask teams questions that are not directly related to the item constructed during the contest. Questions may address the general knowledge gained through the 4-H members' Fashion & Interior Design project learning experiences.
  - No talking or writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
- Teams must clean their construction areas. Clean-up time is included in the 60-minute construction allotment. Only "hot" items will be allowed to remain in the construction area, such as an iron or glue gun.
- It is at the discretion of the contest officials if finished products will remain, or if teams may take.
- Placing will be based on ranking of teams by judges. Judges' results are final.
- An awards program will be held after the judging process

### CONTEST PRESENTATION WORKSHEET

The box below depicts the worksheet that teams will complete and base their presentation on.

#### 4-H DUDS TO DAZZLE FASHION & INTERIOR DESIGN PLANNING & PRESENTATION WORKSHEET

1. Project Description (sketch or describe what your finished product will look like):
2. Construction (know the materials used and steps in the construction of the item):
  - Materials:
  - Steps:
3. Knowledge of general care of the textile used in the construction of the item (know what fiber is in the textile and how to clean it):
  - Fiber(s):
  - Care Instructions:
4. Intended Purchaser and Purchase Location (who is the intended audience, and where they would buy the item):
  - Purchaser:
  - Purchase Location:
5. Estimated Sell Price (what would the retail cost be to purchase the item; explain):
6. Team Member Roles (list each team member and their tasks/responsibilities):



# DUDS TO DAZZLE



## DUDS TO DAZZLE SEWING KIT

1" FOAM PAINT BRUSH (MAX. OF 3)	1" HOOK AND EYE CLOSER
3" X 5" OR 4" X 6" NOTE CARDS (1 PKG.)	3-IN-1 BEADING TOOL
BOBBINS	CALCULATOR
CLEAR GRIDDED RULER	E-6000 GLUE ADHESIVE
ELASTIC (1/2" AND 1"; 1 PKG. EACH)	EXTENSION CORD
FABRIC MARKERS (BOX OF 10 OR LESS)	FABRIC MARKING PENS/PENCILS (MAX. OF 2)
WATER BOTTLE (MAX. OF 16 OZ.)	FIRST AID KIT
STORAGE BAGS–GALLON/QUART (1 BOX EACH)	HAND SEWING NEEDLES (ASSORTMENT)
HOT GLUE GUN & GLUE STICKS (1 PKG.)	IRON
MANUAL PENCIL SHARPENER	MOD PODGE (MAX. OF 16 OZ.)
NO-SEW ADHESIVE TAPE (MAX. OF 10 YDS.)	PAPER PLATES (MAX.25)
PAPER TOWELS (1 ROLL)	PENCILS/PENS (MAX. 5 EACH)
PIN CUSHION	POWER STRIP
PRESSER FEET (MAX. OF 5)	ROTARY CUTTER (WITH BLADE COVER)
ROTARY CUTTER GLOVES (1 PAIR)	SAFETY PINS (1 PKG. ASSORTMENT)
SEAM GAUGE	SEAM RIPPER (MAX. 5)
SELF-ADHESIVE VELCRO FASTENER (1 PKG.)	SELF- HEALING CUTTING MAT
SEWING MACHINE (STANDARD, NO SERGER)	SEWING MACHINE MANUAL
SEWING MACHINE NEEDLES (VARIETY)	SEW-ON VELCRO FASTENER (1 PKG.)
SHEARS/SCISSORS (MAX. OF 5)	SKETCHBOOK
STRAIGHT PINS (1 PACKAGE)	TABLETOP IRONING MAT OR BOARD
TAPE MEASURE (MAX. 5)	THIMBLE (MAX. OF 5)
THREAD (MAX. OF 12 SPOOLS)	TIMER OR STOPWATCH
TRASH BAGS (1 BOX OF 13-GAL.)	

**\*TEAMS ARE NOT REQUIRED TO HAVE ALL THESE ITEMS, BUT THEY ARE LIMITED TO THESE ITEMS\***

## 4-H DUDS TO DAZZLE FASHION & INTERIOR DESIGN COMPETITION RESOURCES

In preparation for the Duds to Dazzle Fashion & Interior Design Competition, participants may choose to study the following resources:

- Duds to Dazzle Explore Curriculum
- Laundry on Your Own
- Unraveling the Mystery of Design Elements and Principles in Clothing (4H 313) – Iowa State University Extension
- Hand Stitching (15.105). SEW-lotions Guidelines, Your Guide to Successful Sewing
- Simple Seaming Techniques (11.110). SEW-lotions Guidelines, Your Guide to Successful Sewing
- Pricing Tips and Tricks
- Safety Guide

These resources and additional information regarding the Duds to Dazzle Fashion & Interior Design Competition can be found on the Texas 4-H website at, <https://texas4-h.tamu.edu/projects/fashion-interior-design/>.

# DUTCH OVEN COOK-OFF

## **Purpose:**

To provide youth with a fun and educational opportunity to apply their knowledge and skills in food preparation, nutrition, and outdoor cooking in a team setting. Through hands-on experience, participants practice safe food handling, demonstrate teamwork, and build confidence in public speaking and leadership – all while preparing a meal using Dutch ovens and a required ingredient. It encourages creativity, reinforces proper kitchen and fire safety practices, and helps youth develop valuable life skills such as problem-solving, time management, and effective communication.

## **Objectives**

- Demonstrate food preparation and safety skills in an outdoor setting
- Encourage teamwork, leadership, and problem-solving
- Provide public speaking opportunities through team presentations
- Cultivate creativity and self-confidence in food-related project areas

## **Team Structure & Age Divisions**

- Teams consist of up to three members.
- All age divisions will compete together at the county level. Cloverbuds are not eligible to participate.
- Each team must have a designated adult “coach” to supervise.

## **Guidelines**

- Teams will have 3 hours total, from fire lighting to cleanup, to prepare their dish.
- All cooking must be done in a Dutch oven. Dishes must be served to judges directly from the Dutch oven (excess sauces/gravy may be presented separately).
- The common required ingredients will be announced at least one month before the contest. Teams are to prepare a main dish, side dish and dessert.
- All food preparation must be completed on-site, including chopping, marinating, garnishing, etc.
  - Exception: Pre-cut, canned, pre-grated, or pre-cooked commercially prepared ingredients are allowed (e.g., grated cheese, canned meat, pre-chopped onions).
- A copy of the recipe must be submitted to judges at the time of presentation.
- Teams will complete a worksheet to assist in preparing their presentation.
- All ingredients requiring refrigeration must be kept in coolers until used.
- All equipment and food must fit within a 10' x 10' space.
- Any competitor who requires auxiliary aids, special accommodations or has food allergies must notify the 4-H Office at pre-registration.

## **Required Dress & Safety**

- Clean aprons, chef's coats, or lab coats
- Closed-toe shoes, long pants, and hair coverings (hat, cap, bandana, skullcap, or hairnet)
- Long hair must be tied back
- Teams may wear coordinated clothing
- Follow safe food handling and kitchen safety practices
- Unsafe practices may result in disqualification



# DUTCH OVEN COOK-OFF X

## What to Bring

Each team is responsible for bringing their own:

- Ingredients (all needed for your dish)
- Dutch ovens (up to 3)
- Copy of recipes for judges
- All required cooking equipment (see below)
- Handwashing & dishwashing stations (3 basins recommended)
- Plates, utensils, and napkins for judges
- Trash bags and cleanup supplies

💡 Optional: Shade canopy and table decorations (not judged)

**Supplies** – Not all supplies are required – These are just things you may need.

- |  |  |
|--|--|
| • All ingredients for your recipes   | • Lid Lifters  |
| • 3 Camp Ovens   | • Lid Stands   |
| • Heat resistant potholder/plank to set hot ovens on                                 | • Measuring Cups – Liquid & Dry  |
| • Aluminum Foil  | • Measuring Spoons   |
| • Can Opener   | • Metal Tongs  |
| • Cutting Boards – 2 – one labeled for meat and one labeled for vegetables           | • Mixing Bowls   |
| • Dish Towels/Paper Towels   | • Peeler   |
| • Food Thermometer   | • Soap   |
| • Food Service Gloves  | • Wash basins (one for washing, one for rinsing, one for hand washing) |
| • Heavy Duty Utensils – wooden or plastic (metal can be used but could damage ovens) | • Shade canopy (optional)  |
| • Heavy heat resistant glove (Welding gloves work well)                              | • Trash Bags   |
| • Knives   | • Wisk Broom   |
|  | • Charcoal containment (Metal Pan, Plow Disc, Fire Blanket etc.)       |

The following is provided at the county contest but will need to be provided by the team at other contests:

- Charcoal
- Charcoal Lighter Fluid
- Charcoal Chimney
- Lighter
- Plastic silverware for tasting during preparation

## Additional Notes

- Cell phones and electronics are not allowed during the contest.
- Notify the Extension Office of any special accommodations or food allergies at registration.
- Medical Release Forms are required for each participant.



# FOOD SHOWDOWN



## Purpose:

The 4-H Food Showdown is a fast-paced team cooking competition where youth apply their knowledge of food preparation, nutrition, and kitchen safety. Teams will create a dish using a mystery set of ingredients and a clue, and present their final product to judges, demonstrating creativity, teamwork, and culinary skills.

## Contest Objectives

- Develop and apply food and nutrition knowledge and safe food handling skills.
- Practice teamwork, problem-solving, and creativity in a timed setting.
- Gain confidence in public speaking and leadership through presenting their dish.

## Team & Age Divisions

- Team Size: Up to 4 members at county level; district/state teams are limited to 3 members, with a 4th permitted as an alternate
- Junior Division: Grades 3rd–7th
- Senior Division: Grades 8th–12th
- Note: If a team has mixed ages, the oldest member's grade determines the division.

## Contest Rules

- There are four possible categories:
  - Main Dish
  - Fruits & Vegetables
  - Breads & Cereal
  - Nutritious Snacks
- Teams will be given a clue, secret ingredients, and access to a common pantry to create a dish.
- Categories, secret ingredients, and the clue will not be announced until the contest begins.
- Proper attire is required: clean apron/lab coat/chef coat, closed-toe shoes, long pants, and hair covering (hat, cap, bandana, skullcap, or hairnet). Long hair must be tied back. Gloves must be worn at all times.
- Teams may wear coordinated outfits.
- Only approved resource materials will be provided on contest day. Personal materials, cell phones, or electronic devices are not allowed.
- Teams must use equipment listed on the official supply box list. Items not on the list will be removed. Senior teams may bring a heat source; junior teams may not.
- Safety violations (unsafe food handling or equipment use) may result in disqualification.
- Any team member needing special accommodations or who has a food allergy must notify the Extension Office at the time of registration.

## Supplies & Resources

- The complete [Oklahoma State 4-H Food Showdown Manual](#) can be found on the State 4-H Website.
- Reference materials provided during the contest may include:
  - MyPlate/MyPyramid
  - Fight Bac (Food Safety)
  - 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
  - Grocery receipts (for cost estimation)





# FOOD SHOWDOWN



## Each team will bring an equipment box containing only the following items:

- Aprons/ Chef Coat (1/participant)
- Can opener (1)
- Colander, medium (1)
- Cooking spoons (2)
- Cutting boards/mats (2)
- Disposable tasting spoons
- Extension cord (1)
- Food thermometer (1)
- Meat Fork (1)
- Gloves, disposable
- Hand sanitizer (1)
- Heat Source (can use one of the following):
  - Two single-burner hot plates
  - One double-burner hot plate
  - One electric skillet plus one individual hot plate
- Hot pads (2 - 4)
- Kitchen shears (1)
- Kitchen timer (1)
- Kitchen towels & Wash cloths (2 of each)
- Knives (3)
- Measuring cup, liquid (1)
- Measuring cups, dry (1 set)
- Measuring spoons (1 set)
- Mixing bowls (3)
- Non-Stick cooking spray (1)
- Note cards (4x6)
- Pancake turner (1)
- Pencil (3)
- Plastic tub for dirty dishes (1)
- Paper towels (1 roll)
- Rubber spatula (1)
- Sanitizing wipes
- Sauce pan w/lid (1)
- Skillet (1)
- Storage bags or containers
- Tongs (1)
- Vegetable peeler (1)
- Whisk (1)

## Items for Serving/Presentation:

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

\*\*If using a county 4-H Food Showdown supply box it is important to check box for all necessary supplies prior to the event.

## Note for Junior Teams:

Junior teams do NOT use a heat source. They will put together a dish that does not require a heat source.



# IMPRESSIVE DRESS



## Purpose:

This contest helps 4-H'ers build confidence, learn to select flattering and appropriate clothing, and practice interview and presentation skills.

## General Rules:

1. Participants must be enrolled 4-H members in good standing.
2. Members may enter up to two categories, but each outfit must be different.
3. Garments may be purchased, sewn, or assembled by the member (except where noted, such as Thrift Wear and Formal Wear).
4. Clothing should be clean, pressed, and fit properly.
5. Members must model their outfit and complete an interview with the judge.
6. Parents and leaders may assist with preparation but may not assist during judging or presentations.
7. Garments and accessories must follow 4-H values of modesty, appropriateness, and good taste.

## Categories (limit 2 entries per participant):

1. Casual Wear: Garments for school, movies, spectator sports, shopping, and other informal activities.
2. Active Sportswear: Clothing for physical activities like tennis, martial arts, jogging, basketball, etc.
3. Western Wear: Western-style clothing including shirts, pants or jeans, belt, boots, and optional hat.
4. Dress/Formal Wear: Outfits for special occasions such as church, weddings, dances, banquets, or proms. Boys may wear a suit or sport jacket with dress pants.
5. Costume Wear: Creative and appropriate costumes. No violent, inappropriate, or suggestive themes. If questionable, pre-approval by club leader or Extension staff is recommended.
6. Thrift Wear: An outfit assembled from a thrift or secondhand store, with a total budget of \$20. Receipt required.
7. Career Wear: Outfit suitable for a career or profession of the member's choice, such as a veterinarian, chef, business professional, or project-related occupation. Members should be able to explain their career choice during the interview.

## Age Divisions (as of Sept 1):

- Cloverbuds: May enter 1 category (non-competitive)
- Junior: Grades 3–5
- Intermediate: Grades 6–8
- Senior: Grades 9–12

## Judging Criteria:

- Garment fit and fashion
- Personal presentation and confidence
- Consumer value of the outfit
- Outfit coordination and suitability for the occasion
- Oral presentation skills

## Example Interview Questions:

- What is your name and where are you from?
- Why did you choose this outfit?
- Do you think the colors look good on you?
- Did anyone help you select these clothes?
- What activities would you wear this outfit for?
- How would you launder these items?

## Awards:

- Cloverbuds: Participation ribbon
- Juniors, Intermediates, Seniors: Blue/Red awards plus Champion & Reserve in each division.



# 4-H PUMPKIN SHOW



## Purpose:

The Pumpkin Show encourages 4-H members to explore their creativity through cooking, art, and design. Pumpkins, as a fall crop, provide a fun and seasonal theme for youth to practice creative expression, build practical life skills, and gain confidence in sharing their work with others.

## General Rules:

1. Each participant may enter as many classes as they wish, with only one entry per class. All exhibits must be made by the exhibitor.
2. All food exhibits must be made from scratch; except for Classes 3- decorated cupcake & 4 – decorated cake as only the decoration will be judged.
3. Each exhibit is to be shown in a disposable plate or container covered with transparent wrapping or a zip top bag. The exhibitor is responsible for providing a proper display method.
4. The recipe **must be attached** to the outside of the food exhibits. Place name and age on reverse side of card.
5. Items will be disqualified if no name is found or is placed in wrong class.
6. Pre-entry is required. The online form will be available at least 2 weeks before the deadline.
7. **All articles should be labeled in an inconspicuous place** (back or bottom of article)
  - a. **NAME**
  - b. **AGE DIVISION**
    - i. Jr. Division – Grades 3<sup>rd</sup> – 5<sup>th</sup>
    - ii. Int. Division – Grades 6<sup>th</sup> – 8<sup>th</sup>
    - iii. Sr. Division – Grades 9<sup>th</sup> – 12<sup>th</sup>
  - c. **CATEGORY**
  - d. **NAME OF CLUB**
8. Entries must be according to grade. Grade is determined as of Sept. 1 of the current year.
9. Posters, Home decor, and art must have a permanent mark on back or bottom with date.
10. Ribbons will be presented to 1<sup>st</sup> – 5<sup>th</sup> place.
11. Best of class will be determined.



# PUMPKIN SHOW



## PUMPKIN SHOW - FOOD SHOW CATEGORIES (All baked items must contain pumpkin as an ingredient):

- |                      |                      |
|----------------------|----------------------|
| 1. Breads            | 5. Candies           |
| 2. Cakes             | 6. Cookies           |
| 3. Decorated Cupcake | 7. Pies              |
| 4. Decorated Cake    | 8. Made in Oklahoma* |

\*Class 8 Include sources for atleast 4 INGREDIENTS IN RECIPE MADE IN OK

## PUMPKIN SHOW – OTHER CATEGORIES

### JACK-O-LANTERNS

9. Jr. Carved
10. Jr. Painted
11. Jr. Decorated
12. Int. Carved
13. Int. Painted
14. Int. Decorated
15. Sr. Carved
16. Sr. Painted
17. Sr. Decorated

### POSTERS

- May be 14"x22" or 8½x11"
18. Pumpkin Facts
  19. Pumpkin Safety
  20. Pumpkin Nutrition
  21. Pumpkin History

### HOME DECOR

22. Any Home décor item resembling a pumpkin or involving pumpkins

### PUMPKIN ART

23. Any pumpkin art not previously mentioned in other categories

**Note:** 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. Pumpkins in the wrong class may be disqualified!

## TABLE SETTING CONTEST

The purpose of the 4-H Table setting contest is to offer 4-H members an opportunity to learn how to properly set a table as well as allowing the member an opportunity to be creative in their theme and how they reflect that theme in their work.

Members will select a formal or an informal theme and bring all necessary items. It is the member's responsibility to bring all items, including, but not limited to: card table or small table, table covering, centerpiece, dishes, menu, and silverware to match the menu (setting for one person). At the event, the member will complete a Member Information Sheet to display with the table. PARENTS SHOULD NOT ASSIST WITH PLACEMENT OF ITEMS!

24. Jr. Division- 3<sup>rd</sup> – 7<sup>th</sup> grade or (8-12 years old)
25. Sr. Division- 8<sup>th</sup> – 12<sup>th</sup> grade or (ages 13 & up)

**\*\*Please see attached "4-H Table Setting Contest/Procedures & Guidelines".**

## CLOVERBUDS: Kindergarten-2<sup>nd</sup> Grade

1. Jack-O-Lanterns created by child, can be real pumpkins, paper machete, painting, 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.



# TABLE SETTING



**Open to all 4-H members ages 8–18 during the Creek County 4-H Pumpkin Show**

## **Purpose:**

To help 4-H members learn basic table setting skills and creatively express a theme through table design.

## **Divisions:**

- Junior: Grades 3–7
- Senior: Grades 8–12

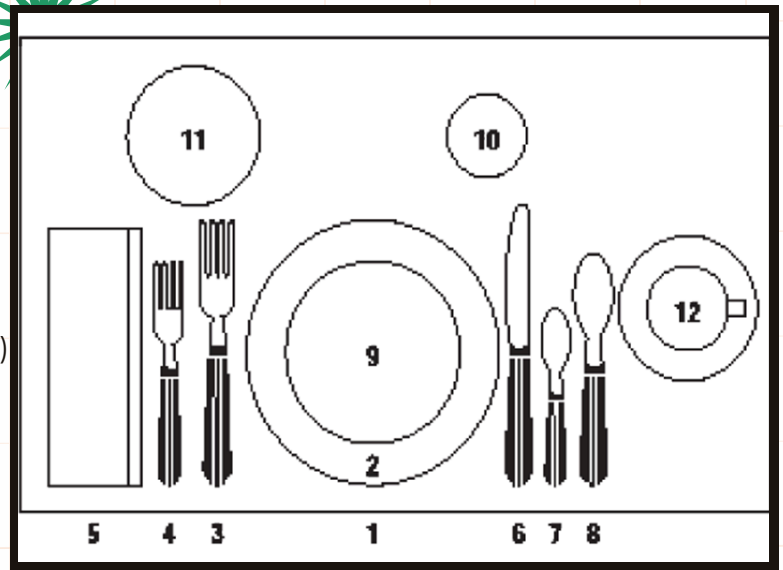
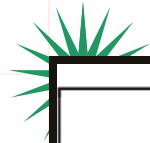
## **What to Bring:**

Participants are responsible for all items, including:

- Small table/card table
- Table covering
- One place setting (dishes, flatware, glassware)
- Centerpiece matching the theme
- Menu card
- Member Information Sheet (available at contest)

## **Theme Categories (choose one):**

- Birthday
- Casual
- Formal
- Picnic



## **Table Setting Guidelines** (see photo above for reference):

1. The flatware, plate, and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin is placed to the left of the fork, with the fold on the left (unless a decorative/creative fold is used). The napkin may also go under a fork or on top of the plate.
6. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed on the dinner plate.
10. The drinking glass is placed at the tip of the knife.
11. If salad, bread and/or dessert plate(s) — or bowl(s) — are used, place at the top of the fork(s).
12. The cup or mug is placed to the top right of the spoons.

Note: Only the utensils needed are placed on the table.

## **Notes:**

- Only one category entry per member.
- Members set up their own tables—no parent assistance during set-up.





## 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 directs any additions or corrections to be made, if there are none he says), “If not the minutes stand approved as read.”

**PRESIDENT:** “Is there any unfinished business to come before the club?” (Any business left over from previous meetings – if any, it receives attention. If not, president proceeds to new business.)

**PRESIDENT:** “Is there any new business to come before the club?” (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, (pause) all opposed same sign (pause). 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.



## 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. It should be given by the entire club in unison at each club meeting. It is as follows:

**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, community, my county and my world."

*(In repeating the pledge, raise 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. This change was made by Congress, December, 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."



## 4-H CLUB RITUAL



**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 a help in our home life?"

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

**VICE PRESIDENT:** "Be seated, please."