

SECTION 10

4-H ACTIVITIES AND EVENTS

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Description of Events

Presentation Day

4-H'ers may choose to do a Speech, or a Presentation, or both. In Public Speaking, contestants choose their own topic and prepare an original speech. Some facts and figures may be quoted, however, it is not a technical talk, but rather your viewpoint on a particular topic. For example, you might speak on "Why I am Proud to be an American", "How Football Changed My Life", and "Who Benefits Most, Horse or Owner." Junior and Intermediate 4-H'ers should plan to speak for 3 to 5 minutes while Seniors should plan a 5 to 7 minute speech. Three by five note cards may be used to help insure that main ideas are covered. Please do not read your speech! You will be judged on delivery, composition, and your response to two questions asked by the judges.

If a Presentation is chosen, 4-H presenters teach their audience "How To" do something. Your presentation may be on "How To" bake a cake, patch a bicycle tire, groom a horse, make an electric lamp, plant a garden, etc. (Note: live animals may not be used at the District and State Level.)

Every presentation has three (3) parts - the introduction, body and summary. In the introduction tell who you are, what your topic is and how and why you chose your topic. In the body, tell and demonstrate how to do something. In the summary, review the main points of your presentation and ask if there are any questions. While posters have been the traditional visual aid - slides, tapes, transparencies, and any other means may be used (please request any needed equipment when entry form is submitted - it is not guaranteed that we will be able to provide all equipment needed.)

The presentation should be appropriate for the age and experience level of the 4-H'er and sufficient in length (time to cover the topic.) In most cases the time range will be: Juniors 2-5 minutes, Intermediate 5-10 minutes, and seniors 10 -12 minutes. For more information on Public Speeches, Demonstrations and Presentations, request publications from your Extension Office.

Fashion Revue

The County Contest may vary from year to year based on participation. In most cases the County Contest will be a "Fashion Show", while the District and State events are more of a contest (see below for details). Four-H'ers may choose one of the following Categories in which to participate.

Category I: Category I participants are 4-H members who have constructed a garment (clothing, costumes, etc.) and wish to participate in Fashion Revue.

Category II: Category II participants are 4-H members who have selected garments for purchase or had them constructed by someone other than the 4-H member.

For the County contest 4-H'ers must submit with contest registration information a Consumer Comparison Worksheet and a brief Commentary in paragraph form based on the Commentary Worksheet (available from Extension Office). On the County level, judging will be based on the Fashion Revue Score sheet which takes into consideration modeling, commentary, outfit on the model, construction, and Consumer Comparison Worksheet. The Contest will be broken into Junior (9 to 13) and Senior (14 to 19) in each Category.

Should the participant wish to compete in the District and/or State Fashion Revue they must submit the following by a specified date: Fashion Revue/Clothing Record, Consumer Comparison Worksheet and Commentary Worksheet. On the District and State Level judging will include two steps:

- Present a five minute or less oral commentary (to include consumer comparison information) while modeling during the judging event;
- A Fashion Revue/Clothing Record (388-569 or 346-314) and a Consumer Comparison Worksheet.

Share-the-Fun

Share-the-Fun is the 4-H Talent show. Competition can come from any of six categories as follows:

1. Vocal
2. Instrumental

3. Dance
4. Drama (e.g. poetry reading, mime, skit, choral reading)
5. Variety (e.g. puppet acts, lip sync, comedy, magic, rapping)
6. Combination (any combination of vocal, instrumental and/or dance)

Contestants are judged on talent, creativity, audience reception, showmanship, costume, props and material chosen. Each act may have up to 4 contestants and should require 2 to 4 minutes of time. The only exception to the limit on the number of contestants is if the group is NOT planning to go on to District or State Competition. There is no intermediate age category in this contest only Juniors (9-13) and Seniors (14-19). Members of an act must all be in the same age category or take the age category of the oldest member of the act. Cloverbuds may participate in the County event, but all participants in a group must be of Cloverbud age. Cloverbuds will be awarded a participation ribbon for their efforts.

4-H Camp

Each summer Fauquier 4-H'ers have the opportunity to attend 4-H Camp held at the Northern Virginia 4-H Educational Center in Front Royal, VA. Junior 4-H Camp is for youth between the ages of 9 to 13. Teens ages 14 (as of January 1) to 18 may serve as counselors during Junior 4-H Camp. Those 4-H'ers 13 years of age (as of January 1) may participate as Counselors-In-Training. Counselors and Counselors-In-Training are selected through an interview process. Those 4-H'ers who have been most active in 4-H contests and activities are given first option to attend as counselors. (Camp registration forms will be available through the Extension Office in the Spring.)

Judging

Exciting opportunities exist in areas of Horse, Dairy, Poultry, Meats, Livestock, Soil, Wildlife Habitat, Hunter Safety, Forestry and Consumer Sciences. Beginning programs at the Club and County levels lead to state, national and international experiences. Judging is an exciting way to learn much more about these subjects. Contact your Extension Agent to learn about teams in existence or to start your own team.

Hippology

Hippology is a written quiz based on designated references, judging of "picture classes of horses", and identification of grains, hay, breeds, coat color, bone structure and equipment. The references for junior and intermediate 4-H'ers are *Horse Science* and *Horses and Horsemanship*. These books may be ordered through the Extension Office for \$1.00 per copy. Delivery requires several weeks. The senior reference is *The Horse* by Evans, Borton, Hintz and Van Vleck. In addition to the information found in these books 4-H'ers will also have to be able to identify grains, hay, breeds, coat colors, bone structure and equipment. You do not have to own or ride a horse to compete in Hippology. You do need to take a 4-H Horse project.

Host Weekend by Collegiate 4-H club at Virginia Tech

This event is for high school students and is designed to give them a taste of college campus life. Students will be housed with Collegiate 4-H club members, be involved in campus activities and programs, and learn about Virginia Tech.

District Contest Day

District Contest Day is typically held at a central location within the Northern District. All 4-H members (Junior and up) may attend District Contest Day as long as they have competed in the corresponding County Contest (unless no such contest is held at the County level). District Contest Day includes competition in Presentations, Public Speaking, Fashion Revue, Share-the-Fun, Hippology and more. In most cases, the County Contest tries to closely reflect that of District and State Competitions, however, there may be some differences. Please consult your Extension Agent for details. See the "4-H News" for information pertaining to date of the contest and registration requirements. No registrations will be accepted after the date stated in the "4-H News".

District 4-H Horse Show

Four-H members must be enrolled in the 4-H horse program in order to be eligible for the District 4-H Horse Show. Also, 4-H'ers must keep an up-to-date record book and have exclusive care of their horse for 30 days prior to the District Show. A County Selection committee will be formed to audit entries prior to sending them to the show secretary. This selection committee has the authority to reject an

entry if "District Criteria" are not met. Please see the District show program for more details.

State 4-H Horse Show

In order to attend the State 4-H Horse Show the 4-H'er must have competed in the District Show and must have exclusive care of the horse for 90 days prior to the State Show. The horse show programs for the District and State shows have much additional information that show participants must read AND follow! A County Selection committee will again review entries for accuracy. The selection committee has the right to refuse an entry for not meeting criteria of the show.

State 4-H Dog Show

Four-H members must have competed in at least one 4-H Contest in order to be eligible for the State 4-H Dog Show. Also, 4-H'ers must complete a 4-H Dog project book and submit it to their leader at the time the entry is made. The State 4-H Dog Show, held during the State Fair of Virginia, has both team and individual competition.

State 4-H Congress

State 4-H Congress is held on the Virginia Tech campus during the month of June. Congress has multiple learning opportunities, social events, sports events, elections, and state level competition. All senior 4-H members may participate.

Senior 4-H members who have competed at the County level may compete at Congress. When local funding is available for scholarships, there will be differential in funding favoring those who compete.

International 4-H Youth Exchange

IFYE programs provide exciting experiences for youth ages 15 to 19 and, in some cases 4-H Alumni up to 25 years of age. Participants travel to a foreign country and live and work with host families during their stay. There is usually a charge associated with these programs. There is no charge in serving as a host family for a visitor from another country.

4-H Resumes/National 4-H Congress

For over seventy-five years, National 4-H Congress has served as the premiere educational and recognition event for senior 4-H members. The National 4-H Congress will be held in Atlanta, Georgia, in late November/early December. National Congress provides participants an exciting opportunity to explore careers, engage in a variety of quality learning experiences, and have great fun by getting to know other 4-H members from across the country.

Eighteen outstanding 4-H members will be selected to represent Virginia at the National Congress. Candidates for selection must be senior 4-H members in the current 4-H year who are able to demonstrate outstanding achievement as a 4-H member in their project areas and in leadership, citizenship and personal development.

Application Process: The formal process will include two steps, which are intended to provide the 4-H member learning exercises that reflect an employment application and interview procedure: (1) The submission of a written personal resume; and (2) Interview and presentation of personal portfolio.

Resumes are due to the State Office by April 1. For more information on the application process please call the Extension office. A workshop may be held for those Seniors interested in preparing a resume if there is sufficient interest.

Citizenship Washington Focus

During a week's stay at the National 4-H Center, 4-H members (15 to 19) learn first hand the process of government. They also tour historic attractions and enjoy a variety of social and recreational activities. Cost is approximately \$550.00. We will begin recruiting 4-H participants in the December/January time frame. This will allow us to initiate a fund-raising effort to support those 4-H'ers interested in the opportunity (last year's participants were fully funded by scholarships). Call for details.

OPPORTUNITIES FOR SENIOR 4-H MEMBERS

Regional And State Conferences And Workshops

- **4-H All Stars**

4-H All Stars is an honor/service organization. Membership in 4-H All Stars is the highest recognition that a Virginia 4-H'er can achieve. Virginia 4-H All Stars is service oriented and volunteer operated. It is a distinct privilege and high honor to be asked to join this organization. Throughout the years, 4-H members across the state have grown and learned with the incentive of All-Star membership as a goal. While it is a goal to be chosen as an All Star, the real advantage of membership is in serving the 4-H program and the community in which you live. The motto of 4-H All Stars is Service.

At-A-Glance

Application: Virginia All -Star Application

Due: October 1

Age: 14 -19

For more information: http://www.4-h.ext.vt.edu/groups/allstars/4h_allstars.html

- **4-H Camp Counselor Or Counselor-In-Training**

Opportunity to serve as a 4-H camp counselor or counselor-in-training during the summer 4-H camping week, and/or during any other special interest or day camp events that the county or city may conduct.

At-A-Glance

Date: Varies each year; usually in June – call the local Extension office to learn more specifics concerning this information.

Where: the 4-H camps are held at the respective 4-H educational center, and/or at other designated locations for special interest and day 4-H camping events.

Cost: determined by the local Extension office--some counties and cities may be able to cover costs, or partial costs, for teen 4-H camp counselors and/or counselors-in-training positions.

Deadline for application: Varies by county or city. Best advice is to make application early—January or February preceding the summer camping season is best.

Age: Teens must be 14 years of age or older by January 1 of the current 4-H year (October 1-September 30) in order to serve as a 4-H camp counselor, and attend the pre-camp training session(s) scheduled by the Extension office. The 4-H camp counselors-in-training may be younger; however, they do not have supervisory responsibilities at any time with 4-H campers.

For more information: Call the local Extension office for additional information and request an application to be a 4-H camp counselor.

- **Virginia 4-H Congress**

The Virginia 4-H program is showcased at Virginia 4-H Congress through exhilarating workshops, project competitions, service learning, and special programs. But, 4-H Congress is also much more as it is a time in which 4-

H'ers from around the State come together at Virginia Tech to share in the fun and fellowship of friends through dances, recreation, and dorm living.

At-A-Glance

Date: June

Where: Blacksburg, VA

Cost: Approximately \$200.00

Application: Virginia 4-H Congress Application

Deadline: First Friday in May

Ages: 14-18

For more information: call Extension Office

- **Virginia 4-H Officers/Ambassadors**

State Officers and District Ambassadors play a large role in planning and conducting State 4-H Congress. They also have responsibilities to enhance the public understanding and image of 4-H through effective communication of programs and activities throughout the year and are also called upon to contact local legislators in their District as well as make appearances at state functions.

At A Glance:

Where: District and State functions

Application: Election procedures are mailed to unit offices in February.

Officer and Ambassador Applications must be turned in to the State 4-H Office during late May of each year. Elections are held during State 4-H Congress in June.

Age: 14-18

- **Virginia Tech Collegiate Host Weekend**

Collegiate 4-H Club hosts this weekend for high school juniors and seniors to get a taste of college life. Spend the weekend as the guest of a college. More information can be found at

At A Glance:

Where: Virginia Tech, Blacksburg, Virginia

Cost: TBA

Application: Space is limited, and registration is available on a first-come, first-serve basis.

Deadline: TBA

Age: 13-17

For more information: Call Extension Office

- **Judging**

Exciting opportunities exist in areas of Avian Bowl, Lifesmarts, Dairy, Environmental Ed and Natural Resources, Horse, Poultry, Livestock, and Plant & Soil Science. Beginning programs at the club and unit level lead to state, national and international experiences. Judging is an exciting way to learn much more about these subjects. Contact your local extension office for more information.

- **4-H Educational Center Programs**

Each of the six Virginia 4-H Centers has a variety of programs throughout the year especially for senior 4-H members. The following website lists the centers and programs they have available

<http://www.4-h.ext.vt.edu/camping/4hcenters.html>

NATIONAL CONFERENCES & WORKSHOPS

- **Citizenship Washington Focus**

The premiere 4-H citizenship and government education program, Citizenship Washington Focus is a fast-paced, hands on exposure to the seat of our federal government, Washington, D.C. Program features include workshops, tours of Federal facilities, legislative visits, and FUN!!!

At-A-Glance

Date: Usually held second or third week of July

Where: National 4-H Center, Chevy Chase, MD

Cost: Approximately \$700 (scholarships available through local Ruritan and other civic clubs)

Application: Citizenship Washington Focus Application

Deadline: May

Ages: 15-18

For more information: Call Extension Office

- **National 4-H Conference**

National 4-H Conference may be the most important program opportunity available to a senior 4-H'er. As part of a team, 4-H members are empowered to make recommendations and innovations that could determine the character of 4-H in the future. Up to six youth may be selected to represent Virginia.

At-A-Glance

Date: First full week in April

Where: National 4-H Council, Chevy Chase, MD

Cost: Approximately \$800.00 (fully funded by State 4-H Office)

Application: National 4-H Conference Application and Essay

Deadline: January 1

Ages: 16-19

For more information: Call Extension Office.

- **National 4-H Congress**

The "Cadillac" of 4-H experiences, National 4-H Congress is held annually in late November in Atlanta and is a showcase of the 4-H experience. To attend, 4-H members must successfully submit a resume, participate in an interview before a panel of judges. Four-H members must demonstrate excellence in leadership, citizenship, project work, and community service. The educational program involves nationally recognized speakers, informational tours, and great entertainment. It's a once-in-a-lifetime experience of thrills and learning.

At-A-Glance

Date: Late November, the day after Thanksgiving (5 days)

Where: Atlanta, GA

Cost: \$50 (Scholarships of approximately \$1000 including air transportation are provided for delegates)

Application: Resumes due April 1 of each year. Interviews during State 4-H Congress.

For more information: http://national4-hcongress.com/wordpress_813119671/?page_id=2

Contact: Call Extension Office

- **National 4-H Council Program Assistants**

Become licensed as Tour Guides, to facilitate National 4-H Council's educational programs by working with each group's Coordinator and Council Program staff to lead groups to Washington, D.C. sites, provide educational curriculum, and perform other related duties. National 4-H Council programs are intense and exciting learning experiences for youth and adults from all over the United States and the world. Program assistants make these programs successful by using their skills and knowledge to help the participants gain the most possible and have the most positive experience during their stay in Washington, D.C. and at the National 4-H Center. Also, a Program Assistant intern will have the opportunity to develop and enhance their skills in a professional atmosphere. The hours of a program assistant are very long, usually average between 50-60 hours/week and do include evenings, weekends and holidays. Program Assistants for the Wonders of Washington (WOW) and Citizenship Washington Focus (CWF) programs must be able to successfully fulfill the requirements of the D.C. Tour Guide License. The following are required by the Government of the District of Columbia for Tour Guides, and are requirements for all candidates of the Program Assistant Internship: Applicants must be at least eighteen years of age. Be a citizen of the United States. Be able to read, write and speak English.

At-A-Glance

Dates/Periods of Employment:

Spring (February,.June) Summer (Mid May-July) Fall (September-December)
Employment periods run for one session; however, additional employment sessions may be available; new applicants receive priority.

Where: National 4-H Council, Chevy Chase, MD

Applicants must

- Be at least eighteen years of age.
- Be a citizen of the United States.
- Be able to read, write and speak the English language.
- Not be covered by diplomatic immunity.
- Not be on parole or probation.
- Not have been convicted or have served all or part of a sentence in the past ten years for any felony or an attempt to commit any felony.
- Not have been convicted within the past five years of a misdemeanor involving turpitude.

- Successfully complete the tour guide exam.
- Be of sound physique, with good eyesight (at least 20/40 vision with or without corrections), hearing in both ears; not subject to epilepsy, vertigo, or heart trouble.
- Successfully complete the tour guide exam at the completion of a three week training period.

Virginia Council of Farmer Cooperatives' Youth Leadership Conference

Teaches about the uniqueness of the Cooperative way of doing business. In addition, teaches current business practices, teamwork and leadership skills. The participants are placed in a rural setting, secluded from outside distractions with wholesome, down home cooking and have an opportunity to interact with peers from across the Commonwealth. Eight of the participants who attend will be selected to attend the National Institute of Cooperative Education.

At-A-Glance

Ages: 16 -19

Date: Late March/Early April

Where: Graves Mountain Lodge, Syria, VA

Cost: Scholarship provided by one of the local Farm Supply Cooperative, Petroleum Cooperative, Electric Cooperative, Dairy Cooperative, or Farm Credit Association

More information: Virginia Council of Farmer Cooperatives, (804) 281-1452

INTERNATIONAL LEARNING PROGRAMS

IFYE Representative

The flagship program of the 4-H international experience, IFYE is an in-depth learning experience in which 4-H'ers and 4-H alumni live in another country with host families. Programs vary from country to country, with some emphasizing an agricultural work experience with families or with the local 4-H type youth development program.

Dates: Vary depending on host country assignment

Where: one of 20 countries

Cost: \$3750 to \$5000 depending on country

Applications: IFYE application

Deadline: January 1

Ages: 19-30

Contact: Call Extension Office

IFYE Ambassador

Get a good taste of a different culture through the IFYE Ambassador program. The six week summer experience features chaperoned group travel, a topical focus study, and living with a host family. A wide variety of destinations are offered each year.

Date: late June through July

Where: One of 20 different countries

Cost: \$2750 - \$4000 depending on country
Application: Global Destinations Application
Deadline: January 1
Ages: 15 – 19
Contact: Call Extension Office

4-H Japanese Exchange: INBOUND

The focus of 4-H-Japanese Exchange is friendship but lasting friendships and warm memories aren't the only results. Young people who have the opportunity to host enjoy a priceless educational experience that better prepares them for life in a global society. Japanese delegates come for just one month in the summer. After hosting, Virginia teenagers have the opportunity to visit Japan for a similar one month summer stay.

4-H Japanese Exchange: OUTBOUND

An opportunity to learn about life in Japan through a four week visit. The 4-H Japanese Exchange allows Virginia teens to live with a Japanese family, attends a four-day camp, and experience the rich and unique culture of this important member of the international community.

Date: July –August
Cost: \$2500 (approx)
Application: 4-H/Japanese Exchange Application and letters of reference
Deadline: February 15
Ages: 13-18
Contact: Call Extension Office

4-H Japanese Exchange High School Program

An opportunity to host or be an exchange student with Japan. Exchanges are for 11 months. All Japanese students speak English. For more information Contact Tom Baker, Volunteer Coordinator, Virginia 4-H Japanese Exchange High School Program. Brookdale Farm , 2060 Vaughn Road, Va Beach Va 23457-1521 Phone: 757-721-0558 email: 4-h.exchange@cox.net

Future Leaders Exchange Program (FLEX)

A federal government program which provides opportunities for high school students (ages 15-17) from the New Independent States (NIS) of the former Soviet Union to spend a year in the United States, living with a family and attending an American High School. FLEX participants come from Armenia, Azerbaijan, Belarus, Georgia, Kazakhstan, Kyrgystan, Moldova, Russia, Tajikistan, Turkmenistan, Ukraine, and Uzbekistan. The program's major goal is democracy building -- exposing likely future leaders of the emerging NIS democracies to our democratic society and free market economy. Since the program's inception in 1993, thousands of young citizens from the former Soviet Union have been awarded scholarships to participate in this program. They have returned to their countries imbued with a new enthusiasm and a desire to help lead their countries towards a democratic future.

For more information, Contact Tom Baker, Volunteer Coordinator, Virginia 4-H Japanese Exchange High School Program. Brookdale Farm , 2060 Vaughn Road, Va Beach Va 23457-1521 Phone: 757-721-0558 email: 4-h.exchange@cox.net