



*Baxter County 4-H
Cloverleaves Newsletter*



O'Rama Edition

March 2008

www.uaex.edu/baxter

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**Don't forget the 4-H
Achievement Banquet on Monday
night, March 10, at 6:30 p.m.
This year's theme is 4-H
Centennial Celebration. Birthday
cake provided!! Please give us a
call by March 3, and let us know
if you will be able to join us.**

Attention 4-H members, leaders and parents:

County 4-H O-Rama Scheduled

Here are all the important dates for O-Rama:

Outdoors Activities Day- Saturday, April 5, with broiler BBQ grill lighting at 9 a.m. sharp, at the Baxter Co. Cooperative Extension Office. The bicycle, bait casting and B.B. gun competitions will be at 1 p.m. tentatively at the Mt. Home Jr. High.

Indoors Activities Night- Monday, May 12, 6-8 p.m. at the Baxter Co. Cooperative Extension Office.

District O-Rama for Juniors and Seniors - Wednesday, June 18, 8 a.m. - 4:30 p.m., at Atkins High School.

State 4-H O-Rama for Seniors - Wednesday through Friday, July 23-25, at the U of A Fayetteville. Mark your calendars and save these dates for 4-H!

Your 4-H Agent,

What is O-Rama?

"What is O-Rama?" you ask. It's the most fun a group of 4-H members can have in one spot! The 4-H O-Rama is the competitive activities event that is held so that you may show off what you have learned in your 4-H project work. There are several different kinds of activities, and you may do as many as you want. **You do have to re-register so we may get an idea of how many 4-H members will be in each activity.** Pre-registration is easy - just call 425-2335 or e-mail baxter@uaex.edu (by March 28) and let us know what you are going to compete in.



Why Participate in O-Rama?

1. *It's fun!*
2. It fills up those blank spots in your 4-H journal.
3. *You can win prizes.*
4. You will be eligible to compete in District (Regional) O-Rama.
5. Senior members (age 14 before 1/1/08) can become eligible to compete at State O-Rama at the U of A in Fayetteville.
6. You can show off what you know, and others can learn from you!



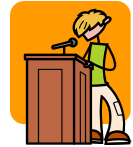
What Can You Do In O-Rama?

There are demonstrations, illustrated talks, speeches, and activities. For Junior or Cloverbud members, all demonstrations, talks, and speeches should be 2-5 minutes in length. Senior members should prepare to speak for 5-8 minutes. The O-Rama packet with suggested topics and all the rules for each category is available online at: http://www.kidsarus.org/go4it/Activities_Events/event_packet/default.htm , or come by the Extension office and we will print your topic out for you.

A Demonstration - You show the audience how to do something. For example: Rather than tell the audience the differences in using dry ingredient measuring devices and liquid ingredient measuring devices for preparing a recipe, bring the devices and show the differences by actually pouring ingredients into each and comparing them.

An Illustrated Talk - Rather than showing someone how to do something, you use posters to illustrate the highlights of your speech. An example: For an illustrated talk on the different breeds of sheep, it would be impossible to bring all the different breeds of sheep with you, so you provide posters with drawings and short descriptions of the breeds.

Public Speaking - You prepare a speech and use no props or illustrations. The best speeches in this area are ones where the speaker (you) is very passionate about the topic. You use your hands, body, and voice to emphasize your points.



Topics

There are many possible topics for really good speeches. Choose something that you would enjoy talking about. Choose something that will fit in with your main project area of your journal. If you are having a hard time getting started, we would be glad to help you come up with a topic. We have lots of resources for most subject areas.

There are handouts available with good information about writing speeches and making posters available at the Extension office.



Outdoors Activities Day – Saturday, April 5

Bicycle Activity demonstrate your bicycle riding skills and your knowledge of bicycle safety rules by riding **your** bicycle through three courses.



Broiler BBQ Contest

Each contestant will BBQ one or two broiler halves (your option) and turn in the one of your choice for judging Broiler halves for competition, weighing approximately 1½ pounds each will be provided at the county activity.

Contestants are allowed 1 hour and 30 minutes of cooking time. Time begins when you pick up your chicken, so have your grill hot and ready to cook on before picking up your chicken. For each five minutes over the allowed time, one point will be deducted.

4-H'ers should bring their own grill, sauce, charcoal, and starter to the county activity.

Presoaked or ready-to-light briquettes are not permitted in the 4-H BBQ Contest. There is a complete guide and checklist available at the Extension Office or go to http://www.uaex.edu/Other_Areas/publications/HTML/4-H/O-300.asp.

***Cloverbuds will not be able to participate in the BBQ contest due to safety.**



Bait Casting and Game Fish

Identification You will use your fishing pole and cast a 3/8-ounce practice plug (provided by the Extension office) 35 feet into a target from three positions: sitting, standing, and casting under an obstacle. You will get three casts in each position. You will be scored on accuracy. You will also be asked to identify five common types of game fish found in Arkansas. Senior members will also be asked to identify parts of the fish. More information is available in the 4-H leaflet S-303, "4-H Bait Casting and Game Fish Identification," revised in 1995.



Gun Safety and BB Gun Marksmanship

consists of three parts: participation in a general safety session that includes discussion of gun safety rules, safe handling of guns, four basic shooting positions, and shooting range procedures; a written examination (true and false and multiple choice) on gun safety and the pamphlet entitled "Fire Arm Safety" (A-212) *Basic Parts of Firearms*; and target shooting on a target signed by you before it is placed on the range. The target will be five meters from you, and you will use guns provided by the Extension office. These are new guns and are the same model used at District and State O-Rama. You will fire from the four shooting positions. Targets will be scored based on tightness of the shot pattern (the tighter the pattern - the higher the score).



Indoors Activities Night – Monday, May 12

Cloverbud "Show & Tell"

Cloverbuds may bring any object and spend up to **five minutes** telling the audience about it. This category is for Cloverbuds only and will be held along with the other talks, demonstrations, and speeches that will be given at The

4-H
Public
Speaking



Public Speaking Make a speech without props using the 4-H Public Speaking project book as a guide on any topic of your choice.

Juniors will be allowed 2-5 minutes; Seniors will have 5-8 minutes. No visuals are allowed, and no questions may be solicited at the end of the presentation.

Agribusiness Public Speaking

Using project book "4-H Public Speaking," plan a speech based on topics related to agriculture listed below.

Seniors should choose one of the following topics for their speeches: Food Safety - Whose Responsibility? ; Balancing Agriculture with Industry; Pesticides and Our Environment; Are U.S. Farmers Overburdened with Environmental Regulations? ; The Future of the Family Farm; and an open topic (must be agriculture-related).

Juniors should choose from the following: Balancing Agriculture Production and Environmental Concerns; Affordable Food at What Cost; America's Food - Safe and Good; Crop Protection Chemicals - Friend or Foe; and an open topic (must be agriculture-related).

Safety Present an illustrated talk or demonstration on a single phase of safety, such as farm safety, home safety, or traffic safety.



Citizenship Each participant should be prepared to present an illustrated talk or method demonstration in an area of citizenship such as voter rights, how to register to vote and involvement in community groups. A few suggested topics for the citizenship activity are as follows: Citizen Responsibility with the Environment; Family and Citizenship; Youth and the Law; How to be a Better Citizen; Voter Rights; Citizen Participation in Community Development; How to Register to Vote; Helping our Senior Citizens, and Why Vote. Illustrated talks should make full use of visuals and experience. A Junior will be limited to a **2-5-minute** talk. Senior talks will be from **5-8 minutes**. The judges reserve the right to ask questions related to the topic discussed in the illustrated talk or method demonstration.



Animal Science Make a demonstration or illustrated talk to show your knowledge of livestock production, genetics, reproduction, nutrition, management, and/or marketing practices.



Horse Activity Present an illustrated talk or method demonstration in an area related to the horse industry. Presentation can deal with topics related to horse science, safety, training, equipment, horsemanship, occupations related to the horse industry, and horseback riding as a recreational activity. A few suggested topics for the horse activity are as follows: Rules of Good Horsemanship; Use and Care of Tack and Equipment; Fitting and Showing; Gaits of Horses; Balancing Rations for Horses; Functional Anatomy and Action; Training a Horse; Safety; Physiology; Nutrition Requirements; Horse Psychology and Behavior; and Hoof Care and Shoeing. A **Junior** will be limited to a 2-5-minute talk. **Senior** talks will be 5-8 minutes. The judges reserve the right to ask questions related to the topic presented in the method demonstration or illustrated talk.

Veterinary Science Present an illustrated talk or demonstration on some area of veterinary science. It may be any animal project: sheep, swine, horse, beef, dairy, pet, or poultry project. Presentations should deal with abnormal processes, such as diseases, parasitism, toxicities or defects. They may also deal with normal physiological processes.

Entomology Insect Collection An activity that consists of two parts. **Part 1.** An insect collection worth up to 100 points. Junior members must have at least 15 insects from five orders and Seniors must have at least 25 insects from nine orders to be eligible for judging. The judging score will be higher when more insects and orders are represented. All insects must be collected, pinned, and displayed by specifications outlined in MP 83 "Making an Insect Collection" or as outlined in the project book available for sale named "What's Bugging You?" **Part 2.** Insect identification consists of 10 insects that you must name according to their common name and the order that they represent. This is worth 20 points.

Pet Care and Training Present an illustrated talk in an area of general pet care and training. Your presentation may deal with species such as birds, cats, dogs, hamsters, rabbits, or other small animal pets. **No live animals may be used in the presentation.** Presentations dealing with animal health should be entered in the Veterinary Science activity.

Entomology Present an illustrated talk about an insect shown as part of the talk. The insect must be pinned according to the specifications outlined in "Making an Insect Collection" (MP 83), available at the Extension office. The talk must show that you have identified and understand how the insect lives and works in the environment.



Consumer Economics You will present a demonstration or an illustrated talk on some area of consumer economics or family resource management.



Environmental Stewardship The activity consists of an illustrated talk or method demonstration that shows that the participant has an understanding of some aspect of environmental stewardship. Examples are the conservation and management of a particular natural resource, or the interrelationships that exist among plants, animals and nonliving elements, such as soil, air, and water, in a particular environment. **Juniors** will be allowed **2-5 minutes**. **Seniors** will be allowed **5-8 minutes**. Participants are expected to use visual aids (e.g., posters, models, props). Topics should pertain to Arkansas's natural resources and species that are native to Arkansas. Possible topics include, but are not limited to the following: How to Set Up a Compost Bin for Yard or Animal Waste; How to Build and Erect a Bird House or Bird Feeder; How to Landscape your Yard using Plants that Attract Birds; How to Manage a Pond for Fish, Frogs, Birds, and other Wildlife; How to Trap Fur Bearers or Skin and Prepare a Pelt for Sale; Habitat Management for a Particular Wildlife Species, (such as managing forests for deer); Recycling; Description of the Food Chain in a Particular Environment; Energy Flow or Nutrient Cycling in a Biotic Community; Forest Insects and Diseases; How Plant Succession Relates to Forest Management or Wildlife Management; Prevention and Control of Wildlife Damage; How to Manage a Forest for Improving its Economic, Social, and/or Wildlife Values; Human Population Growth and its Impact on the Environment; Water Quality; Water Conservation; and Watershed Management.

Health District level - any health related topic. State level - You will present an illustrated talk or demonstration on any topic related to infectious diseases (HIV/AIDS, hepatitis, STDs, tuberculosis, etc.). Participants will also be required to do the following four things: (1) introduce the issue and its importance (2) provide data relative to the United States, Arkansas, and their county/community that would help determine their community health needs and justification (3) discuss the program they would implement in their county/community to address the issue, and (4) indicate the resources they would utilize.

Fashion Revue There are two divisions: **purchased division** and **constructed division**. Each division has a casual category and a dressy category. You will model the garment you are entering and give a short presentation detailing the cost, use, and care of the garment. The fibers and fabrics from which the garment is made should be identified and reasons given for their choice. The presentation should be **1-2 minutes** long and you should be prepared to answer the judges' questions about the construction or purchase of the garment.

Technology Showcase (This activity individual or team of up to four people) consists of three parts - a "technology procedure" worth 10 points, a display worth 10 points, and a judging worth 45 points. The contestant is responsible for exhibiting a product. The "product" should be the end result of technology such as a multimedia presentation; computer-generated newsletter; digital photography; GPS mapping; computer-generated graphics, posters, programs, etc.; evidence of a community service using technology; spreadsheets; or a Web page. Each contestant or team should be prepared to spend about **5 minutes** for Juniors and **8 minutes** for Seniors conferencing with judges, answering questions related to their product and its use. The display part of the competition includes preparing an exhibit showcasing their product. The contestant(s) will be responsible for the exhibit materials and the preparation of the display. A flat, 30 x 32-inch space will be provided. This will be judged on neatness, originality, simplicity, list of resources used, and the ability of the display to "showcase" the product.



Ornamental Horticulture This is a plant identification contest consisting of garden flowers, houseplants, foliage plants, landscape plants, and trees. You will need to write the name of the plants on an answer sheet as you look at the plants. Study lists and a copy of the answer sheet are in the O-Rama packet that your leader has.



Crop and Seed Identification Contest

(1) Identify 25 seed samples selected from a set of 50 available from the Extension Office for studying, and (2) Judge two groups of market crops. You will judge any two of the four classes of planting seeds based on purity and judge a class of cotton, hay, and sorghum.



Performing Arts A county is limited to one Senior and one Junior entry in each division to go to District. A talent act is limited to **5 minutes of performing time**. Five penalty points will be assessed against those whose acts exceed the time limit. If an act is determined to be inappropriate, that act will not be considered for an award. An act may have up to eight 4-H members. All members of a group must meet the age requirement for the level (Junior or Senior) in which they are participating.

Dance - The dance division includes dance arts (tap, ballet, square dance, and clogging), popular dances, and modern jazz. **Note: Acrobatics, gymnastics, martial arts, and baton twirling will not be allowed.** Break dancing will be allowed.

Instrumental - The instrumental division includes both classical and nonclassical instrumental music. Music in the educated European tradition, such as chamber music, opera, symphony, or jazz, as well as contemporary music, country-western, popular, and rock are allowed. **Note: No singing or vocal utterances will be allowed with instrumental acts. Performers must provide their own equipment, instruments, props, and accompanist.** This includes sheet music and music stands (if needed). The only exception is a piano. **A keyboard will be available for instrumental acts.**

Vocal - No pantomimes will be allowed. Record or tape with vocal utterances is allowed but **should not overpower the voice of the performer**. If, in the opinion of the judges, the vocal utterances are overpowering, the performer will be disqualified. The decision of the judges is final. Instrumental accompaniment by self or others is allowed but must assume the pure character of accompaniment. The test will be whether the performance would stand alone if the accompaniment were removed. Accompaniment is not considered part of the act and will not be considered in judging.

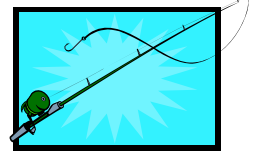


Forestry - Timber Estimating consists of writing the name of 15 common names of trees; determining the diameter of the trees; determining the number of saw logs and 1/2 saw logs in the trees; and knowing the characteristics of some common forest trees (used if time permits to break ties). Examples include questions such as, "Which tree has compound leaves?" "Which group of oaks has bristle-tipped leaves?" etc. Trees are selected from the MP 344, *A Key to Common Trees of Arkansas*. Common names used to identify the tree must be the same common name listed in the MP 344 book. You should be familiar with measuring trees with a scale stick available at the Extension office.



Human Development Give an illustrated talk or demonstration on some aspect of human development. Juniors talk **2-5 minutes**, and Seniors talk **5-8 minutes**.) Talks could be given on topics such as the importance of optimistic thinking or skills for effective listening. Special Project books are available that cover these subjects. Other human development topics, such as character education or early brain development, may also be chosen. All topics should be based on scientific research rather than personal opinion. However, participants may use personal experiences or examples to help illustrate the scientific principles. Each participant should be able to answer questions pertaining to

Health District level - any health related topic.
State level - You will present an illustrated talk or demonstration on any topic related to infectious diseases (HIV/AIDS, hepatitis, STDs, tuberculosis, etc.). Participants will also be required to do the following four things: (1) introduce the issue and its importance (2) provide data relative to the United States, Arkansas, and their county/community that would help determine their community health needs and justification (3) discuss the program they would implement in their county/community to address the issue and (4) indicate the resources they would utilize.



Reel into Sport Fishing Both Junior and Senior activities will be conducted according to the regulations outlined in the 4-H leaflet S-207, "4-H Reel Into Sport Fishing" (published Spring 1999). Information regarding fish identification, habitat, and fishing methods can be found in Circular EC500, "Identification of Game and Food Fishes Found in Arkansas."

Each contestant will be judged on tackle identification and knot tying. In addition, Seniors will also be required to identify five common Arkansas fish species and determine the best location (habitat) to catch each of the fish. The points and score sheets are outlined in "4-H Reel Into Sport Fishing," S-207.

At the district (regional) and state contests, each contestant will be judged on tackle and fish identification, water safety, aquatic ecology, and knot tying. In addition, Seniors will also be required to know information about specific Arkansas fish species and determine the best location (habitat) and equipment to catch each of the fish.

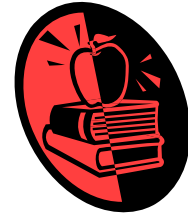
Food Fair

Junior Level: The activity will consist of an illustrated talk or a method demonstration that is **2-5 minutes** in length. 4-H members should develop a talk about food(s) from one of the five categories. Because of time limitations, it is suggested that talks be focused on one specific aspect of the food and its use. Suggestions for possible topics include, but are not limited to use of the food in a recipe; contribution of the food in meeting Food Guide Pyramid recommendations; value of the food and its contributions to a youth's diet; safety considerations in preparing, serving, and storing the food.

Food Fair con't

Senior Level: Prior to the Regional O-Rama, Seniors should select a recipe meeting the criteria for their competitive category. The **Recipe Information Worksheet** (available at the Extension office) should be completed by each Senior participant. Participants should bring three copies of the completed **Recipe Information Worksheet** and **Recipe** (form available at the Extension office) to the District O-Rama.

The district (or regional) activity will consist of an illustrated talk, **5-8 minutes in length**, describing the recipe and reasons for selecting it. The talk should also include a description of knowledge gained in preparing the product and in working with the recipe to prepare for O-Rama. Participants should be able to discuss the following: reasons for selecting the recipe; use of the product in a menu; an analysis of how the proposed menu fits into the MyPyramid food groups; suggestions for revising the recipe to make a healthier product or to add variety to the diet; major nutrients in the product; and safety practices in preparing, serving, and handling leftovers of the product.



District 4-H O-Rama

All first place winners in the Junior and Senior levels in all activities are eligible to represent Baxter County in the district competition. Other 4-H'ers, who did not win first, are invited to switch to an open category and join the fun at district competition. **To assist with this, if you win first in more than one event in the O-Rama, you must declare which you will use for district competition no later than April 21.** You may tell us as soon as the competition is over or wait until Friday and make a decision. If we don't hear from you, we will give your space away to someone else! We will travel together and arrange rides to help you get to District. Those details will be arranged as we get closer to the competition. Your way will be paid for the competition. The Baxter County 4-H Foundation pays \$6 for each competitor that we take. If you commit to participate at District, please follow through. It costs money!

State O-Rama

This activity is for Senior 4-H members who have placed high enough at District to represent the county and district at the statewide activities. State O-Rama is lots of fun. All the kids who go want to return the following year. State O'Rama is held at the U of A Campus in Fayetteville. Just like District, we pay a fee for you to participate. It costs the County Foundation \$75 per person attending, so make sure you follow through and go if you commit to do so! There are two kinds of competitions at State O-Rama: District Qualifying and State-Only. The District Qualifying activities are held at District, and you have to win your way to State. The State-Only activities are held only at State and include judging teams as well as some individual activities. See the list of State-Only activities and let us know what you want to do.

For a list of State events visit:

http://www.kidsarus.org/go4it/Activities_Events/event_packet/default.htm , or contact the Extension office.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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