



# O'Rama Quick Reference Guidebook Izard County 4-H

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Every year, the Izard County Extension Office Staff holds a County O'Rama, competitive event competitions for all currently enrolled Izard County 4-H'ers. Events will be scored by the three 4-H Age Divisions: Cloverbud (5-8), Junior (9-13), and Senior (14-18). Junior and Senior participants will be eligible to compete at District O'Rama, contact the County Extension Office for more details.

#### Payment Policy for State O'Rama:

Senior 4-H members have the opportunity to attend State O'Rama which is held every summer at Fayetteville at the University of Arkansas Campus. Below are the payment policies for this event effective September 1, 2015, pending available funds:

- Attend County & District O'Rama → County Pays 100% of the registration fee
- Attends only County or only District → County Pays 50% of the registration fee
- Don't attend County or District O'Rama → 4-H'er pays 100% of the registration fee

**For County O'Rama, participants MUST pre-register for illustrated talks, fashion review, and performing arts to ensure that all judges and equipment will be present for the contest.**

Clubs are encouraged to hold practice days prior to County O'Rama for their club members. To schedule a practice day, contact the County Extension Office.

To view the updated 2019 O'Rama Guide for District & State O'Rama visit:

<https://www.uaex.edu/4h-youth/resource-library/4H%20ORama%20Guide%202019.pdf>

#### **POWER POINT GUIDELINES:**

- Use of commercially prepared slides or PowerPoint presentation is not allowed.
- Use of PowerPoint will be allowed at all Method Demonstrations and Illustrated Talks; however, all participants **MUST** send their presentation to the County Extension Office prior to County O'Rama
- **MUST** utilize the PowerPoint to enhance the presentation.

## **Illustrated Talks & Demos:**

Illustrated talks should make full use of visuals and experience. The use of PowerPoint is allowed but not required. A junior will be limited to a 2-5 minute talk and senior talks are 5-8 minutes. The activity coordinator and judges reserve the right to ask questions related to the topic discussed in the illustrated talk or method demonstration. 4-H'ers can choose from 13 different categories.

### **1) Animal Science**

Each participant should be prepared to present an illustrated talk or method demonstration in an area of animal science such as animal genetics, production, nutrition, management or marketing practices. The presentation can deal with animal species such as beef, dairy, swine, poultry, goats, sheep and other livestock. Citizenship

### **2) Citizenship**

This activity consists of an illustrated talk that demonstrates a 4-Her's understanding of government, laws, history, citizen involvement, public policy or other topics related to citizenship in the United States.

### **3) Personal Finance & Consumer Economics**

Each participant will present a demonstration or illustrated talk in the area of consumer economics or family resource management.

### **4) Entomology Talk**

Entomology activity consists of an illustrated talk and the collection of one insect pinned to specifications found in publication MP83 "Making an Insect Collection" or the subject specimen can be displayed in a properly labeled vial of alcohol. The illustrated talk must show that the participant has identified the insect and understands how it lives and works in the environment.

### **5) Environmental Stewardship**

The activity consists of an illustrated talk or method demonstration which 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 which exist among plants, including animals and non-living factors like soil, air and water in a particular environment.

### **6) Health**

To participate, each member should be prepared to give an illustrated talk or demonstration on some aspect of healthy living. All presentations should be based on scientific research rather than personal opinion. However, participants can use personal experiences or examples to help illustrate research-based information.

### **7) Horse**

Each participant should be prepared to 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.

## 8) Human Development

Participants should be prepared to give an illustrated talk or demonstration on some aspect of human development. Possible topics include the importance of optimism, child guidance skills, effective listening, character education or early brain development.

## 9) Innovative Technology

The Innovative Technology event allows 4-Hers to demonstrate their favorite electronic technology and give a quick overview of how it can be used. Using the device of their choice, 4-Hers can give an illustrated talk or method demonstration concerning some aspect of their favorite app, device or software sharing information such as the pros and cons, costs involved, privacy issues, benefits, impact, intended audience and even bugs!

## 10) Safety

Participants will present an illustrated talk on farm, home or traffic safety.

## 11) Veterinary Science

Each participant should be prepared to present an illustrated talk or demonstration on some area of veterinary science. Topics can include diseases, parasitism, toxicities, defects or normal physiological processes.

## 12) Public Speaking

The speech can cover the topic of your choice. Handheld notes and podiums may be used during your speech. Visuals, including posters, PowerPoints and use of dry erase boards or chalkboards are not allowed.

## 13) Food Fair

**Juniors** – Develop an illustrated talk about one of the following foods: breads, eggs, healthy snacks, fruits and vegetables or Arkansas foods (poultry, rice, soybeans, beef, dairy, tomatoes, catfish).

**Seniors** – Select a recipe that is consistent with the Dietary Guidelines for Americans and then present an illustrated talk describing the recipe and reasons for selecting it.

## Bait Casting & Sportsfishing UPDATED CONTEST

Designed to allow 4-H youth to demonstrate their fishing knowledge and skills. Participants in the new and improved Baitcasting and Sports Fishing contest will not only compete in casting accuracy, but in game fish, anatomy and tackle identification, fishing regulations and ethics and aquatic ecology.

## Bicycle

Contestants are **MUST** to bring their own **bicycles** and **helmets** for use in this event. The bicycle & helmet must properly fit the individual and meet accepted safety standards. This contest will include: Skill Riding Courses – Double Obstacle test & Double Zigzag Obstacle test. Participants going on to district and state events will need to check with the district and state contest requirements.

## Crop and Weeds

Participants will be identifying common field crops with a provided word bank. Participants going on to district and state events will need to check with the district and state contest requirements.

## Entomology Collection

Members identify 25 insect specimens as to order and common name. The insects to be identified will be common insects native to Arkansas. Participants going on to district and state events will need to check with the district and state contest requirements.

## Fashion Review: UPDATED CONTEST

*At the County Contest the commentaries will be read for the Cloverbud participants, all junior and senior contestants will provide their oral presentation themselves. Participants can enter all three contest at the County O'Rama, JR and SR contestants will only be permitted to enter one at district or state.*

**1) Purchased:** This activity consists of informally modeling garment(s) purchased by the contestant and a short, informal presentation detailing the cost, use (why the garment(s) were chosen) and how the contestant has cared for the garment(s) after the garment(s) were worn.

Available Categories:

- **Casual:** Garments for school and casual after school activities such as spectator sports, picnics and casual dates.
- **Dressy:** Ensembles worn to dressy activities such as church, dinner dates, theater and job/scholarship interviews. No formal wear allowed.

**2) Constructed:** The activity consists of informally modeling a garment constructed by the contestant and a short presentation detailing the cost, use and care of the garment. The fiber(s) and fabric(s) from which the garment(s) is/are made should be identified including reasons given for their choice.

**3) Fashion Revue (Modified):** The member designs and sews a wearable garment from previously used materials. These materials may be manufactured, ready-made garments. This category focuses on creativity as well as sewing skills. The new garment must show at least 30% change in construction/design.

## Gun Safety - BB

1. A brief written examination – Material for the exam will come from the gun safety session and from the pamphlet entitled that is available for pick up at the county office.
2. Target shooting – Each participant will be provided with a target, which is to be signed by the shooter. Following a discussion of shooting range procedures, each contestant will fire one round from each of the four basic shooting positions (prone, sitting, kneeling and standing) and one round from the position of the participant's choice.

## Ornamental Horticulture

Garden flowers, foliage plants, landscape plants, and trees will be included for identification.

### **Performing Arts - Dance**

The Dance Division includes Dance Arts (tap, ballet, square dance, and clogging), Popular Dances, Break Dancing, Hip Hop and Modern Jazz. Note: acrobatics, gymnastics, martial arts and baton twirling will not be allowed.

### **Performing Arts - Instrumental**

The Instrumental Division includes both Classical and Non-Classical instrumental music. Music in the educated European tradition such as chamber music, opera, symphony, or jazz, country western, popular and rock are allowed. Note: No singing or vocal utterances will be allowed with instrumental acts.

### **Performing Arts - Vocal**

Youth will be judged on their vocal ability, stage presence and musicality. Youth must provide their own equipment, instruments, props or accompanist.

### **Wildlife**

This activity focuses on the contestant's ability to identify wildlife species, identify food that these wildlife species consume, and knowledge of wildlife management concepts. A Study kit are available to check-out through the County Extension Office.