**Polk County 4-H O’Rama Edition**

**March 2015**

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**County 4-H O-Rama**

Here are all the important dates for O-Rama:
- **Speech Night** - Monday, April 27th, 6:00 p.m. at the Rich Mountain Community College Lecture Hall;
- **Activities Day** – Saturday, May 9th, 2:00 p.m. at the Polk County Fairgrounds;
- **Ouachita District O-Rama**, for Juniors and Seniors, – Tuesday, June 16th, at Gurdon High School;
- **State 4-H O-Rama**, for Seniors, - Wednesday through Friday, July 22-24, at the U of A Fayetteville. Mark your calendars and save these dates for 4-H!

**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 to 5 minutes in length. Senior members should prepare to speak for 5 to 8 minutes. The O-Rama packet with suggested topics and all the rules for each category is available online at: http://www.uaex.edu/4h-youth/resource-library/applications.aspx#districtevents or come by the Extension Office and we will print your topic’s information out for you.

**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.

**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. Another way of illustration would be a slideshow—we have some tips on making this work for an O-Rama talk.

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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.

Talks & Demos – Monday, April 27th

Topics

There are many possible topics for very good speeches. Choose something that you would enjoy talking about. Choose something that will fit in with your main project for your journal. Current issues in a particular project area can make a good talk. If in doubt come by the office we would be glad to help you come up with a topic and we have many resources for most subject matter.

There are handouts available with good information about writing speeches and making posters available at the Extension Office. We would be happy to advise you on your speech, poster, or slideshow. Call the office to set up a time for you to come by and get help.

Cloverbud “Show & Tell”- Cloverbuds can bring any object and spend up to 5 minutes telling the audience about it. This category is for cloverbuds only!

Safety- Participants will present a talk on a single phase of farm, home, or traffic safety. Each talk should focus on safety!

Citizenship- Each participant should be prepared to present a talk on a topic related to citizenship. Topics can fall into many areas, including but not limited to: Civic Engagement, How to Become a Citizen, Voter Rights, Volunteerism, Flag Etiquette, Community Service, Local, State, or National Government.

Public Speaking- The speech can cover the topic of your choice. Hand held notes and podiums may be used during your speech. Visuals are not allowed, including posters, power points, and use of dry erase boards or chalk boards. Juniors will be allowed 2-5 minutes and seniors from 5-8 minutes for their presentations.

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. (Talks related to horses are presented in the Horse Activity.)

Horse Activity- Each participant should be prepared to present a talk in an area related to the horse industry. Presentations 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.

Pet Care and Training- Each participant should present a talk in an area of general pet care and training. The presentations can deal with species such as birds, cats, dogs, hamsters, rabbits, or other small animal pets.

Veterinary Science- Each participant should be prepared to present a talk on some area of veterinary science. Topics can include diseases, parasitism, toxicities, defects, or normal physiological processes. Livestock production practices should be in the Animal Science category.

Entomology: Talk- The activity consists of a 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 talk must show that the participant has identified the insect and understands how it lives and works in the environment.
**Environmental Stewardship** - the activity consists of a talk 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, animals, and non-living factors, like soil, air, water, in a particular environment.

**Food Fair**

*Juniors*—Develop a talk about food(s) from one of the five topic areas: Fruits and Vegetables, Arkansas Foods (Poultry, Rice, Soybeans, Beef, Dairy, Tomatoes, Catfish), Breads, Eggs, Healthy Snacks. It is suggested that talks be focused on one specific aspect of the food and its use.

*Seniors*—Select a recipe that is consistent with the Dietary Guidelines for Americans and meets the criteria for the competitive topic area (fruits and vegetables, Arkansas foods, breads, eggs, healthy snacks). The participants will give a talk describing the recipe and reasons for selecting it. 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 include the following in their presentations: Category they have chosen and why, Reasons for selecting the recipe, Use of the product in a menu and analysis of how the proposed menu helps meet the MyPlate recommendations for teen boys or girls, Suggestions for revising the recipe to make a healthier product or to add variety to the diet, Major nutrients in the product and the importance of each nutrient to a teenager’s health, Economic and time management issues related to preparation of the recipe, and Safety practices in preparing, serving, and handling leftovers of the product.

**Consumer Economics**—Each participant will present a talk in the area of consumer economics or family resource management.

**Health**—To participate, each member should give a talk 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.

**Human Development**—Each participant should present a talk on some aspect of human development. Talks could be given on topics such as the importance of optimism, child guidance skills, character education, early brain development, or effective listening.

**Innovative Technology**—This event allows 4-H’ers to demonstrate their favorite electronic technology and give a quick overview of how it can be used. Using the device of their choice, 4-H’ers give a talk 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.

**Activities Day – Saturday, May 9th**

**Bicycle Activity (please bring your own bicycle)**—Contestants MUST bring their own bicycles and helmets for use in this event. The bicycle must properly fit the individual and meet accepted safety standards. This contest will include: Written examination (20 multiple choice and true/false questions), Parts identification (identify 10 parts), Skill riding courses (Double obstacle test, double zig zag obstacle test, city streets, figure eight steering).

**Entomology Insect Collection**—This activity includes two parts—an insect collection and an insect identification quiz.

**Crop and Weeds**—The activity will include a 25 questions exam (taken from the 2015 Soybean and Rice Quick Facts Sheet), identification of 5 common Arkansas field crops and 15 weeds, and write a fertilizer
recommendation for the nutrients nitrogen (N), phosphorus (P), and potassium (K) expressed in pounds per acre when given a soil test report from a given row crop field.

**Ornamental Horticulture** - Garden flowers, foliage plants, landscape plants, and trees will be included for identification.

**Fashion Revue** - Consists of a short presentation and modeling of garments
*Casual—For school and casual after school activities, such as spectator sports, picnics, and casual dates.
*Dressy—For ensembles worn to dressy activities such as church, dinner dates, theater, and job/scholarship interviews. No formal wear allowed
*Purchased—The activity consists of formally modeling the 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.
*Constructed—The activity consists of formally 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 and reasons given for their choice.

**Performing Arts** - 5 minute limit; Up to 4 4-H members allowed
*Vocal—Performers must provide their own equipment, instruments, props, and accompanist. A piano will be provided. Microphones are allowed for use. Sound equipment and microphones will be available.
*Dance—Includes Dance Arts (tap, ballet, square dancing, and clogging), Popular dances, and Modern Jazz. Acrobatics, gymnastics, martial arts, and baton twirling will not be allowed. Break dancing and hip hop will be allowed. A CD player will be available.
*Instrumental—Includes both Classical and Non-Classical 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. No singing or vocal utterances will be allowed with instrumental acts. Performers must provide their own equipment. A piano will be available.

**Bait Casting and Game Fish Identification (Please bring your own fishing pole)** - Each contestant will be judged on accuracy in casting while standing and sitting. Each contestant will also be required to identify 5 common Arkansas game fish. Seniors will have to identify an additional 5 common Arkansas fish. Participants will also have to identify 10 anatomical features of a fish.

**Reel into Sport Fishing** - For Juniors, the contests consists of 4 parts: Angling Skills (tying knots and rigging a fishing line), Tackle Skills (identifying various tackle and uses of the tackle), Aquatic Ecology (answering questions about water temperature and fish, water cycle, and the parts of a fish), and Fish ID (identifying fish). Seniors will also be required to answer questions about where fish live, how the fish looks, best water temperature, baits used for catching fish, and the best time of year to catch the fish.

**Forestry – Timber Estimating** - This activity will consist of 3 parts- Identifying forest trees by common names, estimating diameter of up to 5 trees and estimating merchantable height of up to 5 trees. (More information is available at the Extension Office)

**Gun Safety and BB Gun Marksmanship (Do NOT bring your own gun)** - This activity consists of 3 parts – Gun Safety session, Written exam, & Target shooting. Each contestant will fire one round from each of the 4 basic shooting positions (prone, sitting, kneeling, & standing) and 1 round the participant’s choice from 5 meters away. Target scoring will be based solely on the size of the shot group, regardless of where the shot group is on the target (the tightest shot group will receive the highest score).
**Wildlife** - This activity focuses on the contestant’s ability to identify wildlife species, identify foods these wildlife species consume, and knowledge of wildlife management concepts. Contest includes wildlife identification and wildlife foods and management concepts.

**FCS Skillathon** - This activity will consist of 4 parts: 1. Sewing & Clothing Identification: Identify from a provided list fabrics, fasteners, seams, design/cut, and other items related to apparel, fashion design, and/or sewing. Fifteen minutes are allowed to identify 25 items. 2. Interior Design & Housing Identification: Identify from a provided list decorating techniques, colors, patterns, design elements and/or layouts. Fifteen minutes are allowed to identify 25 items. 3. Food & Cooking Identification: Identify from a provided list appliances, utensils, spices, herbs and/or other food related items. Fifteen minutes are allowed to identify 25 items. 4. Food & Nutrition Judging Classes: Participants will judge two food and nutrition judging classes with four items in each class, based on a scenario provided. Classes may include snacks, menus and/or specific food items. Contestants will have 15 minutes to place two classes using standard placing cards. For more information on this event contact Kim Hughes at the Extension Office.

**Regional 4-H O-Rama, Tuesday, June 16th**

All first place winners in the junior and senior levels in all activities are eligible to represent Polk County in the District Competition at Gurdon. Other 4-Hers 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 regional competition no later than May 27th.** You can tell us as soon as the competition is over or make a decision in the week following. If we don’t hear from you by May 27th, we will give your space away to someone else!

We will travel together and arrange rides to help you get to Gurdon. Those details will be arranged as we get closer to the competition. Your way will be paid for the competition. The Polk County 4-H Foundation pays $7 for each competitor we take. If you commit to participate at District O-Rama, please follow through. It costs money!

**State-Only O-Rama Activities**

*The following activities are called State-Only Activities and are conducted at the State 4-H O-Rama (only for Senior members).*

**Parliamentary Procedure** - Team event. Participants will take an exam, then each team will use the 4-H Club Meeting Agenda to conduct a club meeting. Each team will have a designated president, secretary, and treasurer. The remaining 2 team members will serve as meeting participants.

**Tractor Driving** - Contestants will be judged on Written exam, Parts ID, Tractor safety, and a Two-Wheel Trailer Course.

**Livestock Skills** - Team Event. The contest will have the following categories: Breed ID (cattle, sheep, and hogs), Livestock Equipment ID, Retail Meat Cut ID, Livestock Feed ID, Written Quiz, Evaluation of livestock feeding and performance information, and Quality Assurance Exercise.

**Photography** - 4-H members are given a photographic theme, deadline, and other instructions several weeks before the State O-Rama. The activity will also include a discussion of camera basics and photographic techniques.

**Reporting Activity** - The first part of the activity is participation in an intense workshop covering basic news writing, then the second phase of the activity is a mock news conference in which the instructor introduces an idea or project.
Livestock Judging- Team event. Contestants should be prepared to place 3 classes of beef cattle, 3 classes of swine, and 3 sheep classes. Oral reasons will be required on 3 or 4 selected classes

Poultry Judging- Team event. A team event where contestants learn how to tell the different between good and poor layers, how to determine USDA grades of dressed poultry, identify parts, and how to grade eggs according to USDA standards.

Food Bowl- Team event. A team event set up as a quiz bowl with questions focused on nutrition and food safety.

Consumer Judging- Team event. Teams will place items in a variety of consumer categories. Oral reasons will be given in one class

Interior Design- Team event. Teams will learn to recognize and use a color scheme in design solutions, learn to select and place appropriate furnishings within designated space restrictions, learn to justify solutions for selections based on knowledge of Interior Design, learn to stay within a budget when selecting home furnishings.

Grassland Plant ID Contest- Contestants should be prepared to identify photographs of plant specimens and/or live plant specimens and the life cycle of each.

ATV Safety- Contest consists of a written exam, parts identification, and ATV Safety skills driving course. Participants must have completed an ATV Safety Course.

FCS Skillthon- Team event. See event description above in Activities Day events. Study guide is available at the Extension Office.

See how many opportunities there are in 4-H? Remember that at County O-Rama you can compete in as many activities as you want, but that you must select only one to take on to District O-Rama. If you wish to participate in any of the county activities, please contact the Extension Office by April 20th to pre-register. If you need ideas, information, or help of any kind, be sure to stop by the office, give us a call at (479) 394-6018 or email at polk@uaex.edu.

Leaders Meeting
Thank you to all the leaders who attended the Calendar Planning meeting in February. We appreciate your help in the planning of activities, meetings and events for the coming year! We will hold our next 4-H Volunteer Meeting, Monday, June 29th.

POSTER ART CONTEST
The poster art contest is open to all 4-H members ages 9-19. Cloverbud members can submit posters, if they wish. Posters should be 14" x 22" in dimension and may be horizontal or vertical. Posters may be any medium art—watercolor, ink, crayon, acrylic, charcoal, oils, or collage. They cannot contain any copyrighted material
such as cartoon characters and cannot have any three-dimensional items on them. The theme for 2015 is “It’s Your Time.” There is also an Open Theme.

On the state level, the top ten winners will receive framed certificates which will be presented at the District 4-H O-Ramas in June.

**DEADLINE:** Posters must be in the Polk County Extension Office so later than 5:00 p.m. on Thursday, April 23rd.

**Ross Photography**

If you have been looking for them, there have been many photo opportunities during the past few months—think people, places, and things. From now until May, continue to search for those perfect shots and enter them in the Ross Photography Contest. The deadline for having the pictures to the Extension Office is May 22nd. Remember there are four different categories to enter: Color Living; Color Non-Living; Black and White Living; and Black and White Non-Living. The contest is open to all 4-H’ers ages 9 -19. Cloverbud Members can also submit photos to be hung in the Extension Office all year.

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<td>April 1 Vet Science Tour- Texas A &amp; M Registrations Due</td>
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<td>April 15 County Official Elections Registration Deadline</td>
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<td>April 17-19 High Adventure Shake Down- 4-H Center</td>
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<td>April 23 4-H Poster Art Contest Deadline</td>
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<td>April 24-25 Camp Leadership Workshop- Advanced</td>
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<td>April 24-25 Vet Science Tour- Texas A &amp; M</td>
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<td>April 27 O-Rama Talks and Demos- 6:00pm- RMCC Lecture Hall</td>
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<td>April 30 Teen Leader Conference Registration Due</td>
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<td>May 1 Teen Star/ Hall of Fame Banquet Server Applications Due</td>
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<td>May 9 O-Rama Activities Day- 2:00pm- Polk County Fairgrounds</td>
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<td>May 9 County Official Elections- Polk County Fairgrounds</td>
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<td>May 22 Ross Photography Entry Deadline</td>
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<td>June 10-12 Teen Leader Conference- 4-H Center</td>
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<td>June 16 District O-Rama- Gurdon High School</td>
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<td>June 16 State Cloverbud Camp, State Junior Camp &amp; State Adventure &amp; Challenge Camp registration due</td>
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Bonafide 4-H Member Rule: remember that in order to be a “member in good standing” as required by the Arkansas State Fair, Polk County 4-H members should complete current enrollment cards and submit them to the Extension Office between October 1 and December 1 of every year. 4-H members must attend a minimum of eight (8) club meetings and participate in at least one (1) county-wide 4-H sponsored activity. New members (those who have never been a member of Polk County 4-H before) will be allowed to join and participate as long as they join prior to appropriate deadlines.

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