4-H Presentations, Talent Show & Fashion Revue- Get Ready!

It’s time to prepare for competition...County Activity Day is set for May 21st!

PRESENTATIONS: (Open to ages 5-18)

Note: mandatory requirement to attend 4-H Congress for age eligible participants
Those interested in competing in the Presentation program will need to begin working on your speeches, posters, etc. If you need help, please come by the 4-H office during Spring Break (call for an appointment) and we can help in planning your presentation. There have been a few changes in the categories from last year, so for a complete list of possible categories, visit the NC 4-H Website for 2010 Presentations or contact the 4-H office. This year we will open to Cloverbuds (ages 5-8) to give their “show & tell” presentations and will have a chance if interested to attend the District Activity Day to present their topic too! Possible topics for 4-H presentations could be:
- Nutrition & Fitness
- BBQ’ing Chicken, Beef or Pork
- Gardening, Landscaping, animal science
- horse, training your dog, cat care, rabbit management
- 4-H Chef, artistic arrangement, etc.

HINT: Anything you are interested in helps to choose a topic to present!

For an example of a presentation, visit: www.youtube and search for 4-H presentations.

TALENT SHOW:
The Talent show will also be held in conjunction with 4-H presentations. You will need to bring all of your materials that you will need to perform (i.e. CD’s, instruments, etc.) If you need a piano, please call the 4-H office for them to arrange that for you!

Requirement: Your talent act can not exceed 10 minutes. 1-2 winners will be chosen on the county level to represent us at the 4-H District Day on June 18th in Johnston Co.

Fashion Revue:
If anyone has completed their clothing garment to be judged at County Activity Day, please bring it with you as well as model your masterpiece in front of our experts!
Senior age participants may be eligible to compete at NC 4-H Congress Fashion Revue at Congress in July!

Important Dates:
April 6th- 6pm: Prize-winning watermelon workshop (get seeds too) at Ag. Center-
- Everyone is invited to attend---parents, members, volunteers!
April 7: Spring Break Fun Day (Contests Galore)---come join us!
April 8: Project Book Workshop for Show & Sale Participants (10am-12pm)
April 10-11: SED 4-H Teen Retreat- Atlantic Beach
April 16: 4-H L-I-T Lock-in (for middle-school & high-school aged 4-H’ers)
May 10: ARI-E Due to the 4-H office (Application, Resume, Interview & Essay)
May 10: Ambassador Portfolios Due to 4-H Office
Don’t be bored over spring break... come participate in the 4-H Spring Break Fun Day! The day will begin with the 4-H Photo/Poster & Favorite Foods Show Contests.

**Half-Day Option:** 9:30am-12noon (participating in contests)
(Note: 4-H Photography/Poster Contest information (rules/categories) included).

The 4-H Favorite Food Show is a step-up from our usual Baking Contest. This year you will have a chance to WOW the judges with your presentation in displaying your item to the judges. The categories include: Breads, Vegetables, Fruits, Milk & Milk Products, Meats & Sweets. Participants will be divided into age appropriate divisions of: 5-8 (non-competitive), 9-10, 11-12, 13-15 and 16-19.

Choose a recipe from one of the categories and prepare your food item at home (refrigerator and microwave will be provided, if needed). Bring it to the Wilson Ag. Center on April 7th, at 9:30 a.m. Judging will begin at 10 am. You will be given an individual table to display your food items. You may decorate your table as you like (tablecloth, dishes, décor, etc.)...be CREATIVE!!! You will serve the judges and tell them about your item. Please bring a copy of the recipe used to display.

While entries are being judged, 4-H’ers will have a chance to explore the Botanical Gardens, Recreation & Community Service Project (depending on time).

**Prizes!**  Awards Ceremony will follow after judging for all to taste-test the food items and look at the prizes for the photo & poster contest entries!

**Full Day Option:** (Must have 10 participants to offer this option—register by April 1)
(Pick-up by 5:15 p.m.)
Participate in the contest(s), bring $5 for pizza & drink and enjoy the afternoon of fun workshops, games & movie. For the full-day option, you must register to the 4-H office by April 1st! Email Sue_Nichols@ncsu.edu or call 237-0113 to register!
What is L-I-T? L-I-T stands for “Leaders In Training”. This program is designed for all that want to learn how to be a better leader. If you are a club officer or plan to run for an office next 4-H club year…this is your chance to learn what your responsibilities are for the office that you want. You will also have a chance to learn fun teambuilding games, take a leather-craft workshop & even Leadership in the Movies!

Here is the tentative agenda for the lock-in: (wear comfortable clothes & tennis shoes)

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<thead>
<tr>
<th>April 16</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td></td>
<td>6:00pm</td>
<td>Registration</td>
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<td>6:30-7:00pm</td>
<td>Dinner</td>
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<td>7:00-9:30pm</td>
<td>Workshops: Officer 4-1-1, Teambuilding Games,</td>
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<td>Leathercraft &amp; Leadership in the Movies</td>
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<td>9:30-9:45pm</td>
<td>Break</td>
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<td>9:45-10pm</td>
<td>Travel to the Bowling Alley</td>
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<td>10pm-12am</td>
<td>Bowling in the dark</td>
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<td>12am-12:15am</td>
<td>Travel back to Ag. Center</td>
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<td>12:30am</td>
<td>Movies begin, Snacks provided, Lights Out</td>
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<table>
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<tr>
<th>April 17</th>
<th>Time</th>
<th>Activity</th>
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<tr>
<td></td>
<td>8:45am</td>
<td>Rise &amp; Shine!!! BREAKFAST</td>
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<td></td>
<td>9-10am</td>
<td>Community Service Project</td>
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<td></td>
<td>10:15am</td>
<td>Pick-up from Ag. Center</td>
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What you’ll need: Bring the necessary supplies for the lock-in such as Sleeping Bags, Cots or Air mattresses, Pillow, change of clothes, night-time wear (pants/shorts, t-shirts, etc.). Note: Everyone must have an updated medical release & enrollment form on file at the 4-H office in order to participate.

Cost: $15/person which includes dinner, bowling & breakfast.

Register to the 4-H office by Friday, April 9th
by calling 237-0113 or email Sue_Nichols@ncsu.edu
If you register and decide not to attend, you will still be charged for the lock-in.
4-H Victory Garden Project

If you or your club would like to be involved with the 4-H gardening project this season, please register at the 4-H office by April 15th (tax day). The NC Cooperative Extension office will be available for resources and tips on having the best garden ever! We may be able to offer plants and seeds to you too!

At the garden’s optimal growth, we will have experts come to visit your gardens to compete in a local gardening contest. Prizes will be awarded to the best individual garden and/or club.

Here’s what you will need:
Individual Contest: Small area for a garden (10’x12’)
Club Contest: (can be larger than individual sizes-no limit)

Contest will be based on the following:
20 points - Plant & Harvest Records
15 points - Story & Scrapbook (Story: minimum 1/2 page story about your mini-garden experiences- likes, dislikes, learned, etc.) (Scrapbook: Capture photos of your experiences—2 page limit).
10 points - Extraordinary News---this should describe any interesting things you did with the garden (i.e. donated food to needy residents in your community, decided to sell your goods at local farmers market to raise money for the club or community service project, learned how to can and/or freeze vegetables to sustain food for family throughout the winter, etc.)....YOU DECIDE WHAT IS NEWSWORTHY! You just might get interviewed by the paper!!!! So, be creative!
5 points - Expert’s Visit of the Garden (maintaining best conditions for optimal growth)
5 BONUS POINTS: MOST UNUSUAL ITEM GROWN.

The Extension office will provide you with information on preparing your garden site, a planting chart & a variety of plants to use within your garden (exception-most unusual---you decide).

It’s time to get your garden ready for planting... and win great prizes for your hard work too!

Sign up now!!!