I Pledge...

My Head 🌱 My Heart ❤️ My Hands 🌱 My Health 🌱
To clearer thinking To greater loyalty To larger service To better living

For my club, my community, my country, and my world.

Calendar of Events

Jan. 19- Record Book Workshop—PDR 3:00-5:00pm
Jan. 21- 4-H Farm Mandatory Planning Meeting 5:00pm
Jan. 26- FSA Loan Mandatory Meeting 5:30pm
Feb. 16 Presentation Workshop (Field Day) 3:00-5:00pm
Feb. 18 Presentation Workshop (Field Day) 3:00-5:00pm
Feb. 23 Record Book Workshop—Project Report 3:00-5:00pm
Feb. 25 Presentation Workshop (Field Day) 3:00-5:00pm
Mar. 10 Record Book Workshop—PDR 3:00-5:00pm
Mar. 15 Record Book Workshop—Project Report 3:00-5:00pm
Mar. 20 County Field Day 1:00pm
Mar. 24 Record Book Workshop—Project Report 3:00-5:00pm

4-H Field Day
Sunday, March 20, 2016
1:00PM
Home Street Middle School
Multipurpose Room

FSA Loan
Assistance for raising livestock animals
Mandatory Meeting:
Tuesday January 26th
5:30pm. Bishop Pizza Factory

Bring with you to the meeting:
1. Completed loan application (at 4-H office)
2. Member needing the loan and 1 Parent or Guardian
3. A voided check

*This is the only opportunity for you to be approved for the FSA Loan process.

*If you had a previous loan and it is NOT paid off you may not apply for another loan until past debit is gone.
What is 4-H Field Day?

Inyo-Mono County 4-H Field Day takes place annually on a Sunday in March at 1pm. The event is open to all 4-H members, volunteers and parents. The event has a ‘picnic’ feel as families attend for an afternoon of events. Each contest and activity is coordinated by a group of 4-H staff, volunteers, and youth. During the event, 4-H members may participate in a variety of contests. Some contests require pre-registration. Some are open to all during the event.

**Presentation Day** (pre-registration): Volunteer judges provide written feedback to individual or teams of 4-H members on their presentations. Judging is criterion-based using a rubric. Types of presentations include demonstrations, prepared speeches, and impromptu speeches. See Page 4 for more detail and Page 5 to register.

**Judging Contest:** In each class, youth rank four items based on a standard. Judging classes are provided by 4-H volunteers and clubs.

**Theme:** Healthy Living: Sleep and Stress
The importance of sleep and it’s effects on your body and mind.

Why should my child participate in 4-H Field Day?

- **Increase their public speaking skills**, which in turn increases their self-esteem, self confidence, and ability to accept feedback. See page 4 for more information.

- **Help achieve a personal Star Rank goal**
  The [star award ranking system](#) is a voluntary advancement program utilizing the Personal Development Report (PDR) form, which is part of the 4-H record book, as a goal setting tool. Activities are totaled for all years in 4-H and star awards are given to those 4-H members meeting the requirements. See more information below.

- **Acquire participation points for your Record Book Personal Development Report (PDR)**
  **Activity at Field Day**
  **Category**
  - Gave a Presentation (count each different type) 6
  - Received medal for your presentation 7
  - Participated in judging contest 2
  - Won Individual or Team for judging contest 7
  - Helped as a Runner, Room Monitor or other activity 4
  - Brought and set up judging class for Field Day 4

New Event At Field Day!

**Project Proficiency Quiz Bowl**
Test your project knowledge.
This will be a voluntary quiz, results will be announced at your next club meeting, with awards given out at Achievement night.
Projects will include all non-animal projects.
Animal projects will be at a later date.

Presentation Workshops
Please pre-register with 4-H office, 760-873-7854

- February 16, 3-5pm
- February 18, 3-5pm Patio Building
- February 25, 3-5pm Patio Building
WHAT YOU NEED TO KNOW ABOUT 4-H PRESENTATION FIELD DAY

Entry Forms
Due in the 4-H Office on Friday, March 11, 2016. See page 5 for an entry form.
Either drop off your entry form, fax it to 760-873-7314, or email it to cipeek@ucanr.edu.

Presentation Workshops
It’s not too early to start planning and practicing for this eventful day. Attend a Presentation Workshop!
February 18th and 25th in Bishop at the Patio Building, at 3:00pm to 5:00pm
February 16th in Lone Pine at a location that will be announce, at 3:00pm to 5:00pm
Note: MUST reserve a space in the workshop in order to attend. The workshops will not be held if no 4-H members are planning on attending. Join 4-H Program Rep Callie Peek for an afternoon learning how to give a presentation. Appropriate for first year 4-H members or continuing 4-H members who want to polish their presentation skills.

Star Rank
In order to earn your star ranks, you are required to give 4 presentations for a Bronze Star, 7 presentations for a Silver Star and 10 for a Gold Star. It is a requirement that the year you are applying for a star rank you must do a presentation at 4-H Field Day. Find out more information on star ranks on page 3, visit http://www.ca4h.org/Resources/Members/Stars/, or talk to your community club leader.

Age Divisions
Mini-member: 1st, 2nd, and 3rd Grades
Junior: 4th and 5th Grades
Intermediate: 6th, 7th and 8th Grades
Senior: 9th through 12th Grades
*New!* Mini-members may participate in 4-H Field Day. Mini-members participation will not be judged. Each youth will receive a participation ribbon for giving a presentation. See Page 4 for details of presentations and age division time requirements.

Award System
The Danish System of judging will be used in judging all the presentations. Entries are placed based on merit by how well the entry performed the basic skills of public speaking. Each entry has an equal chance to receive each placing based on the quality of the entry. All entries receive a placing of either gold, silver, or bronze. Those receiving a gold are eligible to attend Sectional Field Day. All participants will receive a certificate and a pin for the 4-H Hat. See exception for mini-members, above.

General Rules
• Open to all 4-H youth members in Inyo or Mono County
• A member may participate in all activities in accordance with the rules of each contest. A participant may give multiple types of speeches, but not more than one speech in a category.
• Each member is responsible for providing personal equipment and props. Projectors and computers will be provided for PowerPoint presentations.

For More Information
To learn more about 4-H presentations, attend a Presentation workshop, ask questions at your community club meeting, or read the 4-H Presentation manual online at http://www.ca4h.org/files/2193.pdf.

What is a 4-H presentation?
• A presentation is a method used to communicate an idea by showing and/or telling. It can be a demonstration or a talk that uses posters and other visual aids.
WHAT YOU NEED TO KNOW ABOUT
4-H PRESENTATION FIELD DAY

Fill out an entry form on page 5 to give a Presentation at 4-H Field Day on March 20, 2016.

Demonstrations and Illustrated Talks

A demonstration teaches a skill by the “show how” method. The demonstration will include at least a title, materials, process, and summary posters or visual aids. An illustrated talk teaches a concept or skill that would be impractical to demonstrate in a classroom setting. Posters or equivalent visual aids should include at least an introduction/title card, information card, and a summary card. Models or other visual aids can be used.

A presentation may be given by an individual or a team. Team members should divide work and speaking parts equally. It is best if young members select presentation subjects with which they are familiar and have done before. More experienced members should choose topics showing more difficult skills. Presenters may not use notes. Posters should provide any necessary prompting. Questions about the specific presentation may be asked at the end of the presentation by only the Judges. See time limits below.

Prepared Speech

This format requires that the member write and deliver his/her own speech. The speaker will persuade, inform, or educate the audience on a single issue or topic. The purpose of this category is to encourage members to give a speech in which they seek out accurate information, organize it into a useful form, and competently present the information.

No props, costumes, or visual aids are allowed. Notes may be used by the member to assist with the delivery of the speech, but they should be inconspicuous and not detract from the speech. A prepared speech should have a clearly defined introduction, body and summation. The body contains the development of the main ideas of the prepared speech. The summation should not introduce new material, but should be used to reinforce the ideas developed in the body and cement the theme and main ideas in the minds of the audience. Judges may ask questions in this format. See time limits below.

Impromptu Speech

Impromptu speaking involves speeches that the member has written him/herself at the competition. The speaker will randomly draw a piece of paper with a question on it related to one of the citizenship topics below. The speaker is expected to have completed basic research on these topics. The speaker is allowed one 5” x 7” note card (single sided) to collect the results of the research on each topic. The member should incorporate an introduction, a body and a summation in the delivery of the speech. The body of the speech should be used for the development of the thesis or topic of the speech. There will be no questions during this category. The entire category involves the unrehearsed delivery of information and ideas. See time limits below. Junior-level and mini-members are not eligible to participate in the Impromptu Category.

Senior Topics - Healthy Living: Sleep & Stress
~ Effects on ability to learn, and decision making
~ Signs of Sleepiness
~ How to get a good night sleep
~ Sleep and stress management

Intermediate Topics - Healthy Living: Sleep & Stress
~ Signs of sleepiness
~ Sleep and screen time
~ How to get a good night sleep
~ Exercise and sleep

Time Limits

Please review and follow the following time limits. For demonstrations, illustrated talks, and prepared speeches, a red card will be shown when the maximum time limit has been reached. For the Impromptu speeches, a 30 second warning orange card will be shown, then a red card when the maximum time limit has been reached.

Demonstration or Illustrated Talk: The presentation can range in length from three minutes for an individual primary presentation to 15 minutes for a senior individual or team presentation. The complexity of the topic, and the age of the participants should dictate the appropriate length.

Prepared Speech: A speech generally lasts from 2-5 minutes, but may extend up to 10 minutes based on age or experience. Time should only be considered when judging the effectiveness of the prepared speech. Speakers will not be timed during the speech. Impromptu Speech: The maximum speaking time is five minutes. Any time used in excess of the five minute time limit should be considered a fault against the speaker’s performance, but is not grounds for disqualification.
Inyo & Mono Counties 4-H Field Day
Entry Form

Due: Friday, March 11, 2016 to the 4-H Office

* 207 W. South Street, Bishop * fax: 760-873-7314 * email: cjpeek@ucanr.edu *

4-H Member Information

☐ Individual or ☐ Team (team = 2 members only)

Name ___________________________ Grade _______ Age _______ (as of January 1)

2nd Team Member Name ___________________________ Grade _______ Age _______ (as of January 1)

Club ___________________________

This is my _______ year giving a presentation at Field Day.

Presentation Category

1. ☐ Demonstration or ☐ Illustrated Talk

Title: ____________________________________________________________

2. Prepared Speech (individual only)

Title: ____________________________________________________________

3. Impromptu Speech (individual only in intermediate or senior age category)

   Citizenship

   See page 4 of RoadRunner for additional details on the impromptu speech topics and instructions.

Other Information

1. Will an animal be used in your presentation? Circle one: Yes or No

   Note: only small animals in carriers will be allowed on school property. The presentation will be arranged to be moved outside for animal topics.

2. Do you have any special needs for the presentation? __________________________

3. Will you need a projector for Powerpoint? Circle one: Yes or No

4. Names of siblings also giving presentations: _____________________________

   Check all that apply. Please:

   ___ Schedule in same room
   ___ Schedule in different rooms
   ___ Schedule at different times
**EXCITING NEWS**

**RECORD BOOKS HAVE BEEN UPDATED!!!**

All State Record Book Forms were updated in October of 2015.

**For this year’s Record Book only the new forms will be accepted.**

Keep reading for all the details!!!

This manual was designed to be more kid-friendly than previous versions. Forms, manuals, and adult partner manuals are all available at the County website: [http://ceinyo-mono.ucanr.edu/](http://ceinyo-mono.ucanr.edu/)

The only forms that you will need to complete this year’s Record Book are:

1. Personal Development Report (PDR)
2. Annual Project Report — One form for each project you complete. There is no longer different forms for different projects, or supplementary forms.

The current forms are all Word documents. This version allows you to complete the form directly in the document and expands the rows as needed.

Individual Forms can be found at the County Website:

- Personal Development Report (2015-16)
- Annual Project Report (2015-16)

All forms, and manuals can also be picked up at the 4-H Office. 207 W. South Street, Bishop.

New for Senior Members (Ages 14-18), 4-H Resume. A template is available with instructions for creating your own 4-H Resume.

### North County Record Book Workshops:
- Jan. 19 — 3:00 pm Patio Building  Focus: PDR
- Feb. 23 — 3:00 pm Patio Building  Focus: Project Reports
- Mar. 15 — 3:00 pm Patio Building  Focus: Project Reports—animal projects

### South County Record Book Workshops:
- Mar. 10 — Location TBA  Focus: PDR
- Mar. 24 — Location TBA  Focus: Project Reports

Please be sure to register for these workshops!
View of the New Record Book Forms: Please Note: Every Page has the current 4-H Year at the top.

Only the Current forms will be excepted for Record Book Judging.
In this photo (left to right) Kaleb Brooks, sergeant of arms, Haidon Brooks, treasurer, Justin Brooks, vice president, and Makayla Simpson, president, all from the Sierra Crest 4-H group delivered a box of non-perishable food items to the Salvation Army Stuff a Bus food drive at Kmart on Saturday November 21, 2015. The food was donated by the members of the Sierra Crest 4-H group at their November meeting as a community service.

Thank you to Everyone who helped make December’s Fun Day a Huge Success!!!

Place Setting Contest Results:

Best of Show:
AJ Wilder, Independence 4-H Club

Cookie Contest Results:

Best of Show: Drop Cookie
Samantha Burns, Bristlecone 4-H Club

Best of Show: Other Cookie
Zander Farmer, White Mountain 4-H Club

Best of Show: Decorated Cookie
Dustin Chandler, White Mountain 4-H Club
Save The Date

Jan. 19  Record Book Workshop  3-5  Patio Building
Feb. 16  Presentation Workshop  3-5  Lone Pine
Feb. 18  Presentation Workshop  3-5  Patio Building
Feb. 23  Record Book Workshop  3-5  Patio Building
Feb. 25  Presentation Workshop  3-5  Patio Building
Mar. 15  Record Book Workshop  3-5  Patio Building
Mar. 20  4-H Field Day  1:00  HomeStreetSchool

Please Pre-register with the 4-H office for any workshops you are planning on attending.

760-873-7854, cjpeek@ucanr.edu

Sincerely,

Callie Peek

Callie Peek,  
4-H Program Representative