2016 Mendocino County 4-H EXTRAVAGANZA

Still Entry Guidelines:

**NEEDLE AND FIBER ARTS**

* **Embroidery on Garment, Accessory, or Decorative Item**
* **Beading—not jewelry: on Garment, Accessory, or Decorative item**
* **Felted Garment, Accessory, or Decorative Item**
* **Woven Fabric or item**
* **Hand spun yarn**
	+ Submit in one-and-one-half-yard skeins of at least 25 yards, no balls.
	+ Clearly indicate fiber content and intended use.
	+ Submit a labelled sample of original fiber in a clear container with entry
* **Quilted Item**
	+ All size quilts or sampler quilts accepted.
	+ Quilt designs do not need to be original
	+ Old-fashioned quilt patterns are acceptable
	+ Hanging sleeve needs to be attached
* **Knitted or Crocheted Garment or Accessory**
	+ Include fiber type and care instructions on separate card

**ART AND CRAFTING**

* **Jewelry:**
	+ May be made of beads, shells, feathers, and hand-formed beads.
	+ May be cast or fabricated jewelry.
* **Home Arts:**
	+ A functional item made to be used in the home.
* **Two-dimensional Fine Art:**
	+ Drawing, painting, etc.
	+ Maximum Size 36”x30” including frame
* **Three-dimensional Fine Art:**
	+ Ceramic sculpture, wood carving, etc
* **Fly Tying:**
	+ Judged on quality of workmanship and adherence to standard fly pattern descriptions
	+ Specify pattern name on entry form
* **Glass Etching**
* must be ready for display
* **Stained Glass**
* must be ready for display
* **Grapevine Wreath with Greenery:**
	+ At least 80% natural plant materials
	+ No artificial flowers or foliage
	+ May use ribbon, wire, glue, glitter not more than 20%
* **Leather Craft Item**
* Must be primarily made of leather
* **Welding or Forging**
* **Woodworking**
* Turned or constructed- specify on form
* **Misc. Arts and Crafts or Unlisted Project**
* Please describe in detail on entry form

**HEALTH AND NUTRITION**

* **My Plate Challenge: a photo**
	+ Create a meal (breakfast, lunch or dinner) that shows how you can build a healthy plate using the USDA’s My Plate recommendations.
	+ Take a high-quality color photo of your plate and write a maximum one-page description about your plate.
	+ Submit your photo and one-page description
* **Healthy Snack Challenge: a photo**
	+ Assemble a healthy snack from the 4-H Choose Health Officer’s Guide at <http://4h.ucanr.edu/files/158918.pdf>
	+ Submit a description of your snack—one page or less
	+ Take and submit a high-quality photo of your snack
* **People’s Choice Cookie Contest: Bring to event by 3:30pm**
	+ Submit ONLY 2 dozen small cookies or cookie pieces made from scratch
	+ Recipe must accompany entry
* **Cookies for the Rest of Us Contest—Restricted Diet: Bring to event by 3:30pm**
	+ Submit cookies that can be eaten by someone with dietary restriction on any one or more ingredients:
	+ With your recipe, include the disorders that would cause someone to need the special cookies that you made
	+ These will be judged Danish style the day of the event
* **Preserved Food: Jams, Jellies, Dried Fruit or Veggies, Jerky:**
	+ Dried food items should be displayed on a dish or paper plate in a plastic bag or in a lidded jar.
	+ All bags or jars should be labelled as to the contents and date.
	+ Include canning or drying method used and processing time on a separate card

COMMUNICATION

* **Photography: These guidelines same as State Competition**
	+ Must be mounted on a photograph mount/mat board or foam board.
	+ Maximum mount/mat board size: 11”x14”
	+ Photograph must be at least 8”x10”
	+ Framed photos NOT accepted. A double-mount board does not classify as framed
	+ Covering photos in a plastic protective bag is strongly discouraged.
	+ The following information is required on back of photograph:
		- Title of photograph
		- Date and Location the photo was taken
		- Member’s Name, Age, County, and 4-H Club
		- Contact Information: e-mail, phone, mailing address
	+ Digital enhancements to photographs are allowed.
* **Best Selfie and Best Selfie with Animal(s):**
	+ Photo 5”x7” mounted or matted—not framed Other Photography guidelines apply
* **Educational Poster:**
	+ Hangable posters 14”x22”minimum to 22”X28” maximum
	+ Tri-fold posters no taller than 36” and 48” wide
* **4-H Poster Art Contest:**
* Individual or team entries accepted
* See links to guidelines and tips at: <http://cemendocino.ucanr.edu/4-H_Program/Fashion_Revue_and_Favorite_Foods/>
* Later due date than other entries: April 25th
* **Resume and Cover Letter Contest**—can use for County and State Interview Contests
	+ See job descriptions at CA State 4H Interview Contest site: <http://4h.ucanr.edu/files/181729.pdf>
* **2017 State 4-H Field Day Logo Contest**
	+ Three colors maximum

Must include the 4-H Clover; Must include the words: “California” and “2017 State 4-H Field Day”