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”