



Carroll County Achievement Day Registration Form

Pre-registration will be helpful in securing judges
and preparing paperwork

Sunday, July 10, 2011
Carrollton Public Library Basement
2:00 p.m.

The Public Speaking Contest, Demonstration Contests and Dress Revue will be held at this time. Any 4-H member or Clover Kid may give a demonstration or an illustrated talk. An entry may be either individual or team. Maximum length of time allowed for individual demonstrations is 10 minutes; team demonstrations are 15 minutes. Awards will be Blue, Red or White ribbons according to merit. Premiums will be paid 18-12-6. Clover Kids will receive participation ribbons only.

Please return this portion to the
Carroll County Extension Center – 111 N. Mason, Carrollton, MO 64633
by June 30, 2011

Name _____

Address _____

Club _____ Age as of 1/1/2011 _____

I plan to participate in the following area(s):

Public Speaking

Any 4-H member may enter the Public Speaking Contest. They do not have to be enrolled in the Public Speaking Project. The age division and time limitation shall be:

Juniors (ages 8-10), Intermediate (11-13) or Seniors (14 -18).

Time limits for prepared, extemporaneous or technology assisted speeches will vary by division: juniors 3-5 minutes, intermediates 4-6 minutes and seniors 5-7 minutes.

Prepared Speech

This is the noble, existing, "traditional" category from past Missouri State 4-H Public Speaking Contests. Speeches may be on any topic of the participant's choice that are in good taste for a group of peers and adults. Note cards may be used.

Extemporaneous Speech

The speaker will draw three topics and select one that they will speak on. Each speaker will have 15 minutes to prepare their speech after the selection is made. Topics will be subjects that youth are familiar with, so no special research materials are required.

Public Service Announcement (PSA)

Youth will introduce themselves and their PSA to the group, play the PSA, and answer questions from the audience. PSA's must be 60 seconds in length or shorter, created entirely by the contestant, and use the voice of the contestant. This can be a less threatening entry into the world of public speaking for youth who are anxious about speaking in front of groups.

Interpretation

Interpretations are to be memorized and take place without music or other external sound effects. Special makeup and clothing may be worn as the contestant deems appropriate to the content of the interpretation. Interpretation consists of three sub-categories:

- **Dramatic:** An oral interpretation of a serious selection of narrative or dramatic work. The source material may come from literature, a monologue, a theatrical production or poetry. This can be a great fit for youth in 4-H Theatre Arts clubs!
- **Pantomime:** A physical and emotional interpretation. Source material may be original or inspired from other performers work. This is a natural fit for any youth in 4-H Clowning clubs!
- **Humorous:** A memorized oral interpretation of a humorous selection (or a humorous interpretation of an oral selection. Source material may come from plays, prose, literature, poetry, or other performance pieces.

Technology Assisted

Technology assisted speeches are subject to the same rules and guidelines as prepared speeches, but allow for the use of presentation software (such as PowerPoint). This is another 4-H experience with excellent workforce preparation benefits.

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Electric Theatre Demonstration

4-H members of any age may demonstrate in the Electric Theatre. All demonstrations must use electricity.

General Demonstration

Demonstrations and illustrated talks may be on any topic or project area. (State Fair guidelines say that General Demonstrations should not exceed 10 minutes in length.)

Working Demonstration

Demonstrations may be on any topic or project. In a working demonstration, the 4-H member works continuously on an item, or shows a particular skill. A poster giving the topic of the demonstration and the 4-H member's name can be displayed on the demonstration table.

Egg Contest

- Demonstrate the preparation of an egg dish and present information showing knowledge of eggs, nutritional value, preparation, storage, function, grading-sizing, versatility, and economics of cooking with eggs.
- Present a finished product for judges' sampling, and a recipe handout for the judges.
- Demonstration is to be more than 12 minutes in duration.
- No team demonstrations.
- Recipe must contain one whole egg per serving if classified as a salad or main dish, 1/2 egg per serving if an appetizer, snack, dessert or beverage.

Pork Contest

Members must be enrolled in Foods or Swine project. Demonstration may be on any facet of pork, including food, nutrition, production practices, or by-products. (Animals may not be used). Demonstration topics should be challenging and exhibit contestant's knowledge as well as presentation skills. At the state level, first-place winners may not enter the following year, unless they are eligible to compete in a different age category. Team demonstrations, by teams of no more than two, are allowed only in the 8-10 year division.

International Topic Contest

Team demonstrations are allowed. Members can be enrolled in any 4-H project. Demonstrations can be about an item that is made in another country, used in another country, or originates from another country. Demonstrations should be 7-10 minutes in length. The best demonstrations will include a lot of information about the place where the item originates and the people who use the item. If the item made is a food item, a copy of the recipe, nutrition information and a sample of the food should be given to judges. Winners from previous years may compete again. This contest is sponsored by the Missouri 4-H Global Education Program.

Agri-Missouri Foods Contest

Demonstrations should be 7-10 minutes in length. No team demonstrations allowed. Members do not have to be enrolled in any specific project. The demonstration must use a food product produced by a Missouri company or producer, give background information on the company or producer, and provide nutrition and preparation information. The demonstration will also be judged for presentation and speaking ability. A copy of the recipe and a sample of the food should be given to the judges.

Soyfoods Contest

No team demonstrations are allowed. Demonstrators can prepare any recipe that contains soyfoods. (Winning recipes from the previous year's contest may not be used). Demonstrations should be at least 5 minutes in length, but no longer than 20 minutes. Examples of allowed soyfoods and minimums that recipe must utilize are as follows:

| | | | |
|---------------------|---------|--------------------------------------|---------|
| Soy Oil..... | 1/2 cup | Tofu | 1/2 cup |
| Whole Soybeans.. | 1/2 cup | Roasted Soy Nuts.... | 1/2 cup |
| Soy Flour | 1/3 cup | Soy Milk | 1/2 cup |
| Soy Grits..... | 1/4 cup | Soy Sauce* | 3 Tsp |
| Soy Nut Butter | 1/4 cup | (*only if used with another soyfood) | |
| Soy Margarine..... | 1/2 cup | | |

Demonstrators will be judged on the contestant's knowledge of soyfoods (use in recipes and benefits of used soyfoods) and presentation skills. Also exhibiting general knowledge of soybean production in Missouri would be beneficial. Copies of the recipe used in the demonstration and a sample of the finished product should be given to the judges.

Beef Cooking Demonstration Contest

Rules:

- ◆ Demonstrations should feature a beef recipe
Recipes may include, but are not limited to: entrees, appetizers, salads or side dishes. If the dish has more than one protein source, beef must be the prominent (more than 50%) protein. The beef may be purchased, home-raised, or a heat and serve product available in local stores or online.
- ◆ Cooking demonstration should last between 7-10 minutes. After the demonstration, 5 minutes will be allotted for questions from the judges.
- ◆ Copy of the recipe should be given to each judge.
Recipe should include: name of dish, list of ingredients and measurements and clear, concise instructions for preparation of recipe, preparation and cooking time, serving size and servings per recipe.
- ◆ No teams are permitted, and the **presenter must do all prep work on their own**; with the exception of carrying/lifting if needed.

A beef information packet is available by contacting Whitney Wallace at Missouri Beef Industry Council. Email: whitney@mobeeff.com or Phone: 573-817-0899.

See 2011 Fair book for a complete list of rules.

Dress Revue

1. Any 4-H member enrolled in Clothing, Crochet or Knitting projects may enter the Fashion Revue and model a garment they have constructed in Clothes You Make categories or a purchased garment in Clothes You Buy categories.
2. Each individual may enter two garments in the Fashion Revue.
3. Divisions for Clothing will be junior (ages 8-10), intermediate (ages 11-13) and senior (ages 14-18).
4. Knitting and Crochet will have one age division (ages 8-18).