



Chariton County Achievement Day Registration Form

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

Wednesday, June 27, 2012
Chariton County Courthouse
6:00 p.m.

The Public Speaking Contest and Demonstration Contests will be held at this time. Any 4-H member may give a demonstration or an illustrated talk. An entry may be either individual or team (made up of 2-3 individuals). Members must be enrolled in the project in which they give the demonstration unless the contest specifies otherwise. Maximum length of time allowed for individual demonstrations is 10 minutes; team demonstrations are 15 minutes. Please see the County Fair book for more in-depth rules. Awards will be Blue, Red or White ribbons according to merit. Premiums will be paid.

**Please return this portion to the
Chariton County Extension Center – 306 S Cherry, Keytesville MO 65261
by June 22, 2012**

Name _____

Address _____

Club _____ Age as of 1/1/12 _____

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 shall be:

Juniors (8-10) Intermediate (11-13) Seniors (14-18)

Prepared Speech

This is the noble, existing, "traditional" category from past Missouri State 4-H Public Speaking Contests. Speeches should be 3-5 minutes for Juniors, 4-6 minutes for Intermediates, and 5-7 minutes for Seniors. 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. Timing: Speeches are to be 3-5 minutes for Juniors, 4-6 minutes for Intermediates, and 5-7 minutes for Seniors.

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.

Electric Theatre Demonstration

4-H members of any age may demonstrate. All demonstrations must use electricity.

General Demonstration

Demonstrations and illustrated talks may be on any topic or project area. General demonstrations are those where the 4-H'er shows and tells others how to do something. These demonstrations are last 5-10 minutes and are usually more formal than working demonstrations.

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 complete 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 Demonstrations

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 the judges. Winners from previous years may compete again.

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 producers, 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 (green or dried) ..	Roasted Soy Nuts....	1/2 cup
Soy Flour	1/3 cup	Soy Margarine	1/2 cup
Soy Grits.....	1/4 cup	Soy Milk	1/2 cup
Soy Nut Butter	1/4 cup	Soy Sauce*	3 Tsp

(*only if used with another soyfood)

Demonstrators will be judged on the contestant's knowledge of soyfoods (use in recipes and benefits of using 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:

- ♦ One entry in each division per county can compete in the State Contest (Ages 14 & under / Ages 15 & over).
- ♦ No teams are permitted, and the **presenter must do all prep work on their own**; with the exception of carrying/lifting if needed.
- ♦ Demonstrations should feature a beef recipe (can be fresh meat or a fully cooked, heat & serve product). Recipes can 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.
- ♦ Beef can be purchased, home-raised or a heat & serve product available in local stores or online.
- ♦ A copy of the recipe should be given to each judge, and included in state registration for county winner. 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.
- ♦ At the state level, winners may not enter the following year, unless they are eligible to complete in a different age category.
- ♦ Contestants should furnish their own ingredients and equipment if not otherwise stated.
- ♦ At the state competition, students will have up to 10 minutes to prepare for the presentation and 10 minutes to clean up after the demonstration. Pre-packaged foods may be used; as long as they are readily available for purchase. (i.e. tomato paste, shredded cheese, etc.)
- ♦ Competitors will be judged on presentation skills, beef knowledge, recipe appearance and taste, and food safety.
- ♦ Cooking Demonstration should last between 7-10 minutes; and samples should be served to the judges. 2 point deduction per minute over/under time will be deducted. Contestants will not be allowed to finish after 15 minutes. After the presentation, 5 minutes will be allotted for questions from the judges.
- ♦ The State competition will award \$100/ \$75 / \$50 to first, second and third place, respectively. The contest and prizes are funded through the \$1 per head beef checkoff program.
- ♦ A beef information packet is available by contacting Whitney Wallace at the Missouri Beef Industry Council at whitney@mobeef.com or 573-817-0899.