2019 Re-enrollment Procedure

ALL 4-H Members, Clovers and UME Volunteers will need to enroll for the 2019 4-H year. You will be able to log into 4-H (maryland.4honline.com) to complete your 2019 enrollment. Please note that EVERYONE (4-H MEMBERS, CLOVERS AND UME VOLUNTEERS) will need to log into their family accounts that you created in 2018 and re-enroll each person listed on your account. DO NOT CREATE A NEW ACCOUNT – LOG IN USING YOUR EMAIL AND PASSWORD. If you have forgotten your password there is an option to restore your password.

NEW FOR 2019 – ALL 4-H MEMBERS AND CLOVERS MUST PAY THEIR $10 PARTICIPATION FEE THROUGH 4-H ONLINE. THIS IS A NEW PROCEDURE FOR ALL OF MARYLAND 4-H THAT ALL 4-H MEMBERS AND CLOVERS MUST PAY THIS FEE ONLINE. The insurance fee that 4-H Members, Clovers and UME Volunteers will still be paid through your 4-H Club.

Remember you must be enrolled into the Carroll County 4-H Program by May 1, 2019 to be eligible to show at the 2019 Carroll County 4-H/FFA Fair or to be recognized as a UME Volunteer. If you have any questions, please call the Extension Office at 410-386-2760.

Clover Enrollment Update

Please note that starting in 2019 ALL CLOVERS will have to pay the $10 participation fee to be a part of Maryland 4-H. This fee will be paid when you enroll at maryland.4honline.com. Please remember you must be enrolled as a Clover by May 1st to be eligible to participate at the 2019 Carroll County 4-H/FFA Fair. If you have any questions, please contacted the Carroll County Extension Office at 410-386-2760.

Mid-Winter Blahs

Beat the Midwinter Blah’s will be held on Saturday, February 2nd at the Carroll County Extension Office and Ag Center. Please mark the date on your calendar now and plan on joining us for this informative and fun day! You can find all of the classes being offered and registration forms online at: https://go.umd.edu/2019blahs

Make sure to get those registrations turned in quickly as classes fill up fast!! If you have questions, call the Extension Office at 410-386-2760.

UME Volunteer Training

Would you like to be a University of Maryland Extension Volunteer? Are you helping out at club meetings with projects or activities? Do you have parents in your club who have expressed an interest in being a 4-H volunteer? All adults who are working within our program should go through this training.

The next UME training will take place on Thursday, January 3, 2019 at 6pm. Registration is required, so please call the Extension Office at 410-386-2760 if you are interested in the next training.
2019 National Trip

If you are a senior 4-H member and would like to apply to be awarded a National Trip, then it’s time to start thinking about that senior portfolio! Trips for Senior Portfolios include National 4-H Congress, Camp Miniwanca, West Virginia Older Members’ Conference and Virginia 4-H Congress. If you are applying for a National Trip, don’t forget to fill out an application at http://extension.umd.edu/4-h/youth-families/awards-recognition and click on the Leadership Trip Application. All senior portfolios are due on January 3, 2019 to the Extension Office. If you would like help or advice on putting together a senior portfolio, please call Becky at the Extension Office.

The 2019 Essay Topic: “Describe your most significant 4-H experiences and how they contributed to your personal growth as shown by attitude, insights and life skills gained.”

Scholarships

Don’t forget a book filled with a variety of scholarships is available to view at the Extension Office. Make sure to stop in and take a look at these great opportunities. Some

Ambassador Applications

Are you a Senior 4-H member and are interesting in being more involved in the 4-H program? Do you enjoy becoming involved with community projects, helping at the fair, and setting examples in leadership and citizenship in the community? If so, you are perfect to apply for the 2019-2020 Senior Ambassador Team! Applications can be found at the Carroll County Ambassador webpage: http://extension.umd.edu/carroll-county/4-h/4-h-ambassadors

Applications are due to the Extension Office by Friday, February 15th and interviews will be held on Saturday, February 23. If you have questions, please contact Becky at the Extension Office.

Diamond Clovers and Record Books

Are you working toward achieving levels 1 thru 5 of the Diamond Clovers Award? They are due to the 4-H Office by February 4, 2019 (or earlier!). All of the Diamond Clover forms can be found on the Carroll County Extension website. Also, don’t forget that Junior records books are due on February 4th too!! If you have questions, please contact the Extension Office.

Camp

The Carroll County Residential Camp adult staff spend two weeks at Hashawha Environmental Center assisting the Youth Leaders in creating a safe and productive camp environment. Remember all adults and staff must be able to attend training dates to accumulate the required number of hours to participate.

Camp Training Dates: January 27, February 17, April 28, May 19, June 9

Youth Training Weekend: March 29-31, 2019

Adult Staff Training: January 5, 2019 at the CC Extension Office

Carroll County Residential Camp Dates have been set for 2019:

Camp Dates: Week 1 (8-11 year olds) - June 24-27, 2019  Week 2 (10-16 year olds) - July 8-12, 2019

If you have any questions, please contact Kira Huber (khuber12@umd.edu) or Amy Petkovsek at (amy.petkovsek@gmail.com).
Livestock Skillathon

Everything you’ve ever wanted to know about livestock, and didn’t know to ask!! Come learn about Breeds of Livestock, Equipment, Cuts of Meat, Animal Part Identification, Livestock Feeds, Hay, Wool and play some online games and Jeopardy games!! Come to learn for the contest in March, or just come to the sessions you want to learn about! Remember that you don’t have to exhibit livestock to participate in Skillathon!

2019 Practice Dates:
January 3, 10, 17, 24, 31
February 7, 14, 21, 28

State Livestock Skillathon contest will be held on Saturday, March 2nd. For more information, call Kathy Gordon at 301-667-0559.

Dairy Skillathon

A new State Dairy Skillathon contest will be offered in 2019 and the best part about it is it will be held at the Carroll County Extension Office on Saturday, February 9, 2019, with 9:30 registration and 10am start. The contest will have stations to Identify Breeds, Equipment, Feeds, Genetics, Animal Care, Dairy Products, Anatomy & Physiology. For more information, please contact Becky at 410-386-2760.

Steer Weigh-In

We have scheduled steer weigh in for Saturday, January 5th at the Ag Center TRP Building beginning at 8am until 11am. Because of the location, all steers/heifers must be on a halter and reasonably broken! Market Animal Registration forms and AnSc Code of Ethics can be found at the Extension Office or from your club leader. Remember, the registration form is a 2-part form. You must turn in the form intact. Remember to sign the front and back of the form. Your copy will be given to you on the day of weigh-in. If you have questions, call Becky at 410-386-2760. Registration forms are due to the CC Extension Office by Tuesday, January 2nd. Tag cost is $2 per steer/heifer. Make checks payable to CCEAC.

Horse Bowl

Do you have an interest in learning about horses, but don’t own one? No worries, you can still participate in all the fun horse related events! Take a chance and come out to Horse Bowl practices to learn everything you ever wanted to learn about horses plus much more than you ever dreamed! Practices will be held at the Extension Office starting at 7pm starting in January 2019.

Practice dates:
January 2, 9, 16, 23, 30
February 6, 13, 20, 27

Questions? Call the Extension Office.

Horseman’s Party

It’s that time of year for recognizing the outstanding 4-H members and volunteers that are involved with the Maryland 4-H Horse program. Make plans to attend the Annual Horseman’s Party on Sunday, February 24, 2019 at Laurel Race Park. Youth and volunteers will be recognized during this event.

For more information, visit: http://extension.umd.edu/4-h/4-h-program-areas/4-h-horse-program
Demonstration Day

It’s time to start thinking about Demonstration Day 2019! This event will be held on Saturday, February 16th at the Extension Office. **Arrive between 9 and 11am** as demonstrations will be given on a first come first serve basis. Start thinking about that demo you’ve been wanting to do. This is a great opportunity to compete at the county level while fulfilling a requirement for project records! All Demonstration Day registrations will be done on the Carroll County Fair website at [www.carrollcountyfair.com](http://www.carrollcountyfair.com). **Registration** will begin in January 5th and close on February 1st. Early registration is highly encouraged to prevent any last minute computer malfunctions. Rules and regulations are attached to the end of this Tribune. If you have any other questions, call the Extension Office, or Superintendents, Jenn Hiscock (443)244-1633 or Ericka McAndrew (410)967-9399.

Public Speaking Day

Prepare your speaking voices for the annual day of Public Speaking. Public Speaking Day is scheduled for **Saturday, March 9th beginning at 9am**. Rules and Regulations will be in this Tribune and can be found on the fair website along with the registration. **Registration** will begin on January 5th and will close February 25th. ALL registration will be completed through the Carroll County Fair website at [www.carrollcountyfair.com](http://www.carrollcountyfair.com). The procedure will be the same as last year, no pre-scheduled times, but you must be present between 9-11am to deliver your speech. Any questions, please contact the Extension Office or Superintendents, Della Leister at (443)375-0123 or Rita Becker at (443)375-1114.

Tractor Driving

If you or someone you know are interested in learning how to operate heavy machinery, improve driving skills, or learn something new- Tractor Certification courses are right around the corner! Join some Carroll County volunteers in learning about, and competing in, this course! Meetings will be held at 7pm on **Monday, January 28th and February 4th** at the Carroll County Extension Office. For more information, please contact Bryan Harris at (410) 984-0626 or the Extension Office.

Carroll County 4-H/FFA Fair

Everyone is welcome to participate in Fair Board meetings held at the Extension Office. The next meeting date is **January 23rd at 7pm**.

Too Many Ribbons or Trophies? Don’t throw them away! Bring them to the Extension Office or to a Fair Board meeting. The Fair will recycle them for next year! So don’t throw them out, let’s recycle!

It’s not too late to send your thank you to Bowman’s Feed Supply for your fair shirt and any Superintendent for the departments you entered. **We should always remember to show our gratitude and appreciation.**

Any rule or class changes for the Indoor Building Dept. are to be given to Sandra Stonesifer by January 10, 2019.
Clover and Junior Fair Fun Days

Mark your calendars now for your clover members to attend Clover Fun Days in the 2019 summer!

Clover Fun Days Week 1: July 1-3    Clover Fun Days Week 2: August 7-9

Junior Fair Fun Days: July 17-19

If you are an intermediate or senior 4-H member and would be interested in helping out with any of these weeks, contact Becky at 410-386-2760. This is a great way to earn service hours and gain leadership experience!

Carroll County 4-H All Stars

Carroll County 4-H All-Stars will have our next meeting on Wednesday, January 16th at 7pm. (Inclement weather date: Wednesday, January 23rd) The meeting will be held at the Extension Office and I certainly hope to see as many of you there as possible! We will be spending the evening brainstorming candidates to scout who are deserving of the All-Star honor, as well as breaking the list up amongst ourselves for the paperwork to be completed.

If you are unable to attend the meeting and know of 4-Hers or volunteers who you would like to scout to be an All-Star, please email our Scout, Cheryl Hill at chill1@umd.edu.

Volunteer Council Meeting

All UME Volunteers, parents and senior 4-H members are welcome to attend the Carroll County 4-H Volunteer Council meeting on January 16th at 6:30pm. This is a great opportunity to learn about the county program updates and a chance for you to give feedback on the program. Also don’t forget that if you are an All Star their meeting will immediately start following this meeting.

Paper Retrievers

Don’t forget that we have Paper Retriever containers at the Extension Office for everyone to recycle their paper products. Any paper items (excluding food products) such as paper, cardboard, phone books, books and magazines can be dropped off. Don’t forget…this serves as a year round fundraiser for the Carroll County 4-H Program. Pass the word to help us with our fundraising efforts.

Club Leader Updates

Newspaper Articles – When sending in an article/picture to the newspaper, please send it to Becky, Amber or Kira and we will get it on the Extension Website.

Ag Center Building Use – When reserving a building with the Ag Center, please follow these steps.
1. Call Becky at the Extension Office, 410-386-2760.
2. Give a reason you need the building. If we can accommodate you at the Extension Office, that will be our first option.
3. If an Ag Center facility is still needed, the 4-H Educator will make the reservation for your club.

Bad Weather

If it’s bad weather that means programs at the Extension Office may be closing! If there is no school or there is early dismissal in Carroll County due to inclement weather, ALL 4-H events will be cancelled. In addition, if the snow emergency plan is in effect by 6pm, ALL 4-H events will be cancelled for that evening. If you have questions, call the Extension Office at 410-386-2760.
Results are back from the Poultry Judging Competitions!
Help congratulate the following Carroll County 4-Hers on their job well-done!

2018 State Poultry Judging Contest Results

**Juniors**

<table>
<thead>
<tr>
<th>Production Hens</th>
<th>Eggs</th>
<th>Market</th>
<th>Reasons</th>
<th>Overall</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Averie Fogarty – 3rd</td>
<td>7th</td>
<td>1st</td>
<td>3rd</td>
<td>2nd</td>
<td>Hens 2nd</td>
</tr>
<tr>
<td>Micah Krispin – 7th</td>
<td>5th</td>
<td>5th</td>
<td>6th</td>
<td>6th</td>
<td>Eggs 2nd</td>
</tr>
<tr>
<td>Abby Lawrence – 1st</td>
<td>8th</td>
<td>6th</td>
<td>1st</td>
<td>5th</td>
<td>Market 2nd, Overall 2nd</td>
</tr>
</tbody>
</table>

**Intermediates**

<table>
<thead>
<tr>
<th>Production Hens</th>
<th>Eggs</th>
<th>Market</th>
<th>Reasons</th>
<th>Overall</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abby Van Dyck – 1st</td>
<td>4th</td>
<td>2nd</td>
<td>2nd</td>
<td>2nd</td>
<td>Hens 2nd</td>
</tr>
<tr>
<td>Lilly Lawrence – 2nd</td>
<td>2nd</td>
<td>1st</td>
<td>3rd</td>
<td>1st</td>
<td>Eggs 2nd</td>
</tr>
<tr>
<td>Ben Lawrence – 3rd</td>
<td>3rd</td>
<td>4th</td>
<td>1st</td>
<td>3rd</td>
<td>Market 2nd, Overall 2nd</td>
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</table>

**Seniors**

<table>
<thead>
<tr>
<th>Production Hens</th>
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<th>Market</th>
<th>Reasons</th>
<th>Overall</th>
<th>Team</th>
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</thead>
<tbody>
<tr>
<td>Charlotte Krispin – 2nd</td>
<td>3rd</td>
<td>8th</td>
<td>6th</td>
<td>3rd</td>
<td>Hens 1st</td>
</tr>
<tr>
<td>Bryn Kerney – 10th</td>
<td>10th</td>
<td>9th</td>
<td>9th</td>
<td>10th</td>
<td>Eggs 3rd</td>
</tr>
<tr>
<td>Seth Krispin – 3rd</td>
<td>2nd</td>
<td>7th</td>
<td>3rd</td>
<td>4th</td>
<td>Market 2nd, Overall 2nd</td>
</tr>
</tbody>
</table>

Charlotte Krispin placed first in nationals. The team got 2nd and Seth Krispin got 10th. Seth got 6th in production hens, and Charlotte got 7th in production hens, 6th in meat, and 2nd in eggs.

If you are interested in learning about the USDA standards for grading live birds, eggs, and market birds, as well as building self-confidence through delivering oral reasons, please contact coaches Sarah Giordano (443-824-7861/sarahgiordano@verizon.net) or Glenn Haines (443-536-5302).

**Carroll County 4-H Team**

Becky Ridgeway  
Extension Educator  
bridgewa@umd.edu

Amber Murphy  
Extension Agent Associate  
anmurphy@umd.edu

Kira Huber  
Extension Agent Associate  
khuber12@umd.edu

[http://extension.umd.edu/carroll-county](http://extension.umd.edu/carroll-county) - The Carroll County 4-H Website. Find the Tribune online, plus other forms and information for youth and leaders.

[http://extension.umd.edu/4-h](http://extension.umd.edu/4-h) - The Maryland State 4-H Youth Development Website. News & information from all over the state, plus forms and information for youth and leaders.

University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by University of Maryland Extension is implied.

If you have a disability that requires special assistance for your participation in a program, please contact the Carroll County Extension Office at 410-386-2760, fax: 410-876-0132, two (2) weeks prior to the program.
Tribune
A Carroll County 4-H Newsletter

Dates to Remember:

2018 Dates
December 8- Project Record Judging, CC Extension Office, 9am
December 8- Small Engines Workshop, FSK High School
December 25- EXTENSION OFFICE CLOSED, Holiday Break
December 26-28- Youth and Adult Camp Interviews, CC Extension Office
December 31- EXTENSION OFFICE CLOSED, New Year’s Eve

2019 Dates
January 1- EXTENSION OFFICE CLOSED, New Years
January 2- Senior Portfolios Due, CC Extension Office
January 5- Beef/Dairy/Heifer Weigh-in/Tagging, Ag Center
January 16- Volunteer Council Meeting, CC Extension Office
    All Star Meeting, CC Extension Office
January 20- Maryland 4-H Gala, Martin’s West, 3pm
January 21- EXTENSION OFFICE CLOSED, MLK Day
February 2- Beat the Mid Winter Blah’s
February 4- Record Books and Diamond Clover Plans/Reports DUE
February 9- National Trip Interviews, CC Extension Office
    State Dairy Skillathon Contest, CC Extension Office
February 15- Ambassador Applications DUE
February 16- Demonstration Contest, CC Extension Office
February 18- EXTENSION OFFICE CLOSED, President’s Day
February 23- Ambassador Interviews
February 24- MD 4-H Horsemen’s Party, Laurel Race Park
Demonstrations & Illustrated Talks

SUPERINTENDENT – Jenn Hiscock (443) 244-1633 hiscockjenn@gmail.com
Erica McAndrew (410) 967-9399 erica.mcandrew@gmail.com
Assistant – Sandra Stonesifer (410-857-0416)

CONTEST: SATURDAY, FEBRUARY 16, 2019 – 9 A.M. – CARROLL CO. EXTENSION OFFICE

• THERE WILL BE NO ASSIGNED TIMES FOR DEMONSTRATIONS THIS YEAR WITH THE EXCEPTION OF TOP CHEF CHALLENGE. The contest will start at 9:00 a.m. Report to the registration desk in Burns Hall no later than 11:00 a.m. to participate. You will need to pre-register. Registration forms will be available on the Carroll County Fair website. There will be a link to direct you to the form. You will need to create a different login from the one you used for the fair. Online registration opens January 5, 2019 and closes 11:59 p.m. February 1, 2019.

• Room Monitors (those who assist in keeping the day running smoothly) are needed. Call Sandy Stonesifer at 410-857-0416 or the 4-H office to sign up. Room monitors will be given the opportunity to do their presentation. Classes – ages as of January 1 of the current year – Clovers – ages 5-7; Junior – ages 8-10; Intermediate – ages 11-13; Senior – ages 14-18.

DIVISIONS – Rules and Regulations
1. Division A – Juniors (ages 8 thru 10)
2. Division B – Intermediates (ages 11 thru 13)
3. Division C – Seniors (ages 14 thru 18)
4. Division D – Clovers (ages 5 thru 7)
5. Participants may give both an individual and team demonstration or illustrated talk. If two are given, they must be in different classes. One team member MUST contact superintendent to indicate who is giving the demonstration. BOTH team members must register online.
6. ATTENTION TOP CHEF Challenge Participants: You will be notified of your presentation time prior to the event.
7. There is a limit of 3 demonstrations given per person.
8. The length of a demonstration or illustrated talk should be: Junior Division – minimum 5 minutes, maximum 8 minutes; Intermediate Division – minimum 8 minutes, maximum 10 minutes; Senior Division – minimum 10 minutes, maximum 15 minutes
9. Previous state champion demonstrators are eligible to compete in the same project area within each age division.
10. Types of demonstrations participant can give:
    a. Illustrated Talk - Structured with an introduction, body, and summary. Instead of actually showing how to do, you explain how by use of illustrations, charts, or posters. You usually do this kind of talk in an area where you cannot actually show “how to do something” (i.e., How to Prepare a Compost Manure Bed).
    b. Formal Demonstration - Structured with an introduction, body, and summary. You are showing step-by-step how to do something resulting in a finished product.
11. Live animals are no longer allowed to be brought to the Extension Office as part of the demonstration or illustrated talk for classes 1008, 2008, 3008. Live animals may be used in classes 1009, 2009, 3009. Please be sure animals are properly restrained.
12. Shooting Sports demonstrations using firearms, must be left in a vehicle until time of presentation and immediately returned to vehicle at the conclusion of demonstration. Also firearm, must be inspected by a UME Volunteer trained within the shooting sports program prior to start of demonstration.
13. You may use “PowerPoint” as part of an Illustrated Talk. **It will be your responsibility to provide a laptop computer for the presentation.** A representative from the 4-H office will assist in setting up and connecting to the projector. You MUST contact the superintendent in advance so arrangements can be made for the presentation to be done in a room with a projector.
14. Premiums- $10.00 per demonstration given; rosettes will be given to everyone who participates. Champion demonstrations will be awarded a medal. Club groups may participate and will be awarded a $25 premium per demonstration.
15. Club demonstrations must be registered for a demonstration under the club and not the name of an individual. Please contact the superintendent if you have any questions.

**CLASSES – Section 001**

<table>
<thead>
<tr>
<th>Jr.</th>
<th>Int.</th>
<th>Sr.</th>
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<tbody>
<tr>
<td>1001</td>
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<td>1011</td>
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**Section 002 – Clovers (ages 5, 6 and 7 years of age as of January 1 of the current year) – Rules and Regulations**

1. Clovers will be evaluated and encouraged but not judged using the Danish system. All youth will receive a participation award. Premium offered for each clover’s presentation is $5.
2. A special clover evaluation sheet will be given to each participant.
3. No large animals are to be used in the demonstration. Kitchen facilities WILL NOT be available to clover demonstrators.
4. Demonstrations can be a team or individual presentation.
5. Class 120

**Section 003 – Horticulture – Individual – Rules and Regulations**

1. No individual or team will be allowed to present the same demonstration in successive years.
2. There is no minimum time limit. The maximum time limit is 15 minutes. Demonstrations over this time limit will be penalized. Set-up and take-down time is not included in the 15 minutes allotted for the demonstration.
3. At the end of the presentation the judges will have the right to ask questions. Questions will not be allowed from any individual other than the judge(s).
4. Presentations must be a demonstration.
5. Participants are responsible for bringing everything they need for their presentation. This includes extension cords, bowls, tablecloths, utensils, etc. Although every effort will be made to have a refrigerator and stove accessible, there is no guarantee.
6. Open flames are **prohibited** in any portion of the demonstration.

**CLASSES – Section 003**

Class 4025 **Production** – Any practice that has to do with growing vegetables, fruits, nuts, flowers, ornamental plants and turf as well as those practices concerned with maintaining, replenishing, or increasing the productive capacity of the soil.

Class 4026 **Marketing** – Operations in preparing vegetables, edible tree nuts, fruits, flowers, and ornamental plants for market, offering for sale to a buyer or preparing for storage and exhibiting those horticultural crops.

Class 4027 **Artistic Arrangement of Flowers and Vegetables** – The use of flowers, vegetables and other horticultural crops in arrangements, corsages and plaques. Materials used may be live or dried. Weeds and native materials may be used. Artificial plants and flowers are not to be used.

Class 4028 **Landscaping** – Any practice that has to do with arrangement, establishment and maintenance of flowers, ornamental plants and turf around or within the home, business or public grounds.
Section 004 – Top Chef Challenge – Rules and Regulations
1. **ALL TOP CHEF Challenge participants will be notified of their presentation time prior to the event.**
2. Participants for the event will compete simultaneously in their own designated work space.
3. Participants will create their own healthy dish based on their age division. Prepared dish will be presented on a table setting using your own dishware, utensils, napkins, glassware, etc. appropriate to the theme of the dish.
4. Table settings require a table cloth for the serving table, plastic or glassware dishes to serve the food item, appropriate utensils, napkins, and anything else that would help display your food item.
5. All ingredients should be measured during the presentation.
6. Participants will have access to a microwave, electric range, and oven. Those who use one or more of these, remember the time constraints for preparation time and demonstration time.
7. Participants will be given 20 minutes or less to prepare the kitchen set-up, ingredients, equipment, and anything else needed and then will have a maximum of 30 minutes to demonstrate how they prepare the dish.
8. Participants will be judged on their preparation skills before the demonstration begins.
9. **OPTIONAL** Add-ons for your presentation: nutrition fun facts, ingredient card, poster
10. Participants should practice safe food handling skills including washing hands, food sanitation, monitoring temperature of perishable items, keeping a clean work environment, and wearing proper attire (Ex. Aprons, tying hair back for events, wear cover-toed shoes, wear oven mitts, etc)

CLASSES – Section 004

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
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<tbody>
<tr>
<td>1030</td>
<td>Jr. Entry: “Holiday” Dessert</td>
</tr>
<tr>
<td>2030</td>
<td>Int. Entry: “Holiday” Appetizer</td>
</tr>
<tr>
<td>3030</td>
<td>Sr. Entry: “Holiday” Main Dish</td>
</tr>
</tbody>
</table>

Section 005 – Menu Judging – Objectives
1. Participants are encouraged to select and plan menus for one day according to the Dietary Guidelines.
2. Participants acquire knowledge about the nutritional value, cultural and ethnic characteristics of a wide variety of foods.
3. Participants develop skills in selecting and balancing meals for one day for a variety of life styles to learn how lifestyles affect meal patterns.
4. Participants apply nutrition information to food choices.
5. Participants use nutrition labeling in selecting foods for quick meals.

Section 005 – Menu Judging - Rules and Regulations
1. **Participants will only be allowed to exhibit 2 menu entries.**
2. Menus should include the correct number of servings from each food group in the Pattern for Daily Food Choices.
3. Menus should include contrast of color, texture and flavors. Only one menu entry per class will be accepted for each 4-H member. Menu entries will be received no later than January 31, 2017 at the Carroll County Extension Office. Judging will occur prior to Demonstration Day.
4. On the reverse side of the menu - print – name – age – complete address – class number
5. On an additional page, describe for whom the menu is planned including self or other family member, age, activity or other information. Tell why the menu is balanced and explain how selections meet the Dietary Guidelines.
6. Menus should include a description of the preparation methods and amounts of foods.
8. Prepared menu for a day using the MyPlate Nutritional Plan. Three meals, including no snack, hand printed or typed vertically on one 8 ½” x 11” sheet of paper, mounted on construction paper – no pictures. Updated information available from the 4-H Office.
9. Class Champions will be eligible for further competition during the Maryland State Fair.
10. Premiums – $10.00 premium awarded for each demonstration given.

**Classes – 005 - Menu Judging**

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Class</th>
<th>Description</th>
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<tbody>
<tr>
<td>1035</td>
<td>2035</td>
<td>Convenience Foods – One or more meal(s) -- may include pre-packaged or prepared convenience food(s); i.e., TV dinner, frozen entrée or side dish, packaged rice or macaroni product, etc. Attach label(s) from the convenience food used.</td>
</tr>
<tr>
<td>1036</td>
<td>2036</td>
<td>One Meal is from a Fast –Food Restaurant – one meal is purchased from a fast-food restaurant. Attach nutritional information from the fast-food restaurant.</td>
</tr>
<tr>
<td>1037</td>
<td>2037</td>
<td>One meal is a packed lunch – one meal should be written as a bagged or packed meal.</td>
</tr>
<tr>
<td>1038</td>
<td>2038</td>
<td>Vegetarian Menu – three meals meeting the nutritional needs of a vegetarian (lacto-ova). You may include dairy products and/or eggs, but not meat, poultry, or fish.</td>
</tr>
<tr>
<td>1039</td>
<td>2039</td>
<td>Ethnic Menu – describe the culture represented</td>
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</tbody>
</table>

**Section 006 – Food & Nutrition Poster Contest – Rules and Regulations**

1. **Only one entry per 4-Her is accepted.**
2. Posters may be eligible for exhibition at the Maryland State Fair.
3. Posters may be either horizontal or vertical. Horizontal posters are encouraged; however, avoid a square-shaped poster.
4. Posters must be designed or affixed to a standard poster board with 14” x 22” dimensions.
5. Posters may be designed using water color, ink, crayon, acrylic, charcoal, oils, or collage. It must not be three-dimensional.
6. Well-known cartoon figures – such as Sponge Bob, The Simpsons, Scooby Doo, etc., cannot be used because they are protected by copyrights. Brand names of foods cannot be used.
7. The exhibitor’s name, age, address, and a brief interpretative statement should be clearly written on a piece of paper and attached to the back of each poster in the upper left-hand corner.
8. Judging criteria includes: information given and idea expressed – 25%; art, design, and lettering – 25%; construction – 10%; and nutrition information – 40%.
9. Posters will be received no later than January 31, 2019 at the Carroll County Extension Office. Judging will occur prior to Demonstration Day.
10. All posters will be judged on the Danish System. Score sheets will be provided for the poster exhibits.
11. Premiums – $10.00 premium awarded for each demonstration given.

**CLASSES – Section 006 – Food and Nutrition Poster Contest**

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<tr>
<td>1045</td>
<td>Jr. Entry</td>
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<tr>
<td>2045</td>
<td>Int. Entry</td>
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<td>3045</td>
<td>Sr. Entry</td>
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**Section 007 – Food Science Display – Objectives**

- Participants will develop an appreciation of the scientific process through planning and conducting experiments in food and nutrition.
- Participants gain experiences in reviewing, organizing, and interpreting scientific ideas in food and nutrition.
- Participants increase their knowledge about how science is used to convert raw agricultural produce into processed food products.
- Participants increase awareness of the relationship of biological and physical sciences to food and nutrition.
- Participants understand the importance of food and agricultural science and technology in providing a wide array of foods in today’s markets and to recognize the many career opportunities.

**Section 007 – Food Science Display - Rules and Regulations**

1. No project may involve any live animals or harmful chemicals, explosives, open flames, or any other potentially dangerous materials.
2. Exhibitors must work on their displays individually. Team projects are NOT allowed.
3. Youth presenting a Food-Science Display will participate in conference judging on Demonstration Day.
4. The size of the display must be a minimum of 28” W x 14” D x 22” H or a maximum of 42” H x 36” W x 17” D and sturdy enough to stand alone.
5. The report may be hand-written or typed and attached to the display board. DO NOT attach multiple pages.
7. Class Champions will be eligible for further competition at the Maryland State Fair.
8. Premiums – $10.00 premium awarded for each demonstration given.

**Parts of Display**

**Title** – The title is written as a question or statement. Examples: What are the Effects of Enzymes on Fruits? OR The Effects of Enzymes on Fruits

**Purpose** – The purpose is a short statement of why the project was done. Example: The purpose of this project is to determine the effects of enzymes on the browning of fruit.

**Problem** – This tells what you want to investigate. This is usually in the form of a question. Example: Why do apples turn brown when exposed to air?

**Procedure** – The procedure records the step-by-step manner in which the experiment was performed. Careful thought should be given to the identification of variables and the materials used.

**Results** – The results present an organized view of the information collected. Charts, graphs, tables, pictures, and/or drawings should be used to explain the results to others.

**Conclusion** – The conclusion explains the importance of the results. You will tell what you think the data you have gathered means.

**The Display**

- Your display must be a three-sided display. It will be exhibited standing so it must be able to stand by itself. Please check these suggestions and exact sizes listed previously:
  - Make your backboard from sturdy light-weight material: Heavy tag board, cardboard, or poster board are good choices for backboard materials. Put the three sections or the backboard together with hinges or strong, wide tape.
  - The title and other large letters may be cut out of construction paper and attached to the backboard. Stenciled or stick-on letters may also be used. Make sure that your title is easy to see.
  - Drawings and sketches should always be drawn in pencil first and then re-traced. It is better to draw them on separate pieces of paper, mount them on construction paper, and then attach them to the backboard. Make sure all drawings and pictures are labeled.
  - Plan to put the experiment in front of the center part of the backboard. You may use the equipment and the samples as part of the display.

**Food-Science Experiment**

This display offers exhibitors the opportunity to use the “learning by doing” process to discover important scientific facts as well as experience the joy of exploration. It is important that the youth allow ample time to complete the experiment and build the display before the competition. Re-read the descriptions and requirements of the Food Science Display and allow ample time to complete the project.

**Scientific approaches** – Youth should follow the scientific method in conducting their experiments using inductive reasoning. Inductive reasoning bases the conclusions on the examination of data collected: i.e., the fermentation of dough is affected by the temperature. The inductive approach would take identical pieces of dough and ferment for the same period of time at different temperatures and record the differences in size of the fermented dough before coming to a conclusion.

The scientific method involves four steps:

**The Purpose/Problem** that will be answered through investigation (hypothesis, a statement that will be either proven or challenged).

**Procedure** – a statement of how the investigation is to be carried out. This step requires careful planning and thinking about the investigative plan of attack.

**Results** – information gathered during the investigation is called data. After the data are collected, they need to be tabulated or diagrammed to aid in the analysis and explanation of results.
Conclusion – challenge the hypothesis or answer the questions asked.

Setting Up The Display – the purpose of the display is to show the course of the investigation and outcomes. The three-paneled free-standing display is used to highlight your investigation. Block the information in pencil, and when the display is complete, use a felt pen. Include the following information on the panels:

- **The purpose/problem** (hypothesis) the investigation is about to answer
- **A description of the Procedure** used to carry out the project
- **Results and conclusions** (based on data collected)
- **Body of the data** or a model of the center panel of the display

CLASSES – Section 007 – Food Science Display

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<tr>
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<td>Jr.</td>
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DIVISION J – Club Demonstrations – Rules and Regulations

**Must be registered for the presentation as a club and not an individual.**

A division has been created for club groups to do a demonstration or illustrated talk. Clubs will choose their own topic including AT LEAST 5 or more club members participating. Demonstrations should range from 10-15 min in length. Class champions will not be chosen in this division. A **premium of $25.00** will be given to each club.

University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

If you need assistance to participate in this program, please contact the Carroll County Extension Office (telephone: 410-386-2760; FAX: 410-876-0132) at least two weeks prior to the program.
CARROLL CO. 4-H PUBLIC SPEAKING CONTEST - 2019

SUPERINTENDENTS:  Della Leister (410) 374-4635      Rita Becker (443) 375-1114

CONTEST: SATURDAY, MARCH 9, 2019 – 9 A.M. – CARROLL CO. EXTENSION OFFICE

REGISTRATION FORMS WILL BE AVAILABLE ONLINE
*Online Registration Opens:  January 5, 2019
*Online Registration Deadline:  11:59 p.m., February 25, 2019

RULES AND REGULATIONS

1. The contest consists of the following categories: Prepared Speech, Extemporaneous Speech, Radio Spot Announcement, 4-H Pledge, Interpretations – Humorous, Poetry & Dramatic.

2. Contestants will participate in appropriate age category: Clovers = ages 5 – 7 years; Juniors = ages 8 – 10 years; Intermediates = ages 11 – 13 years; Seniors = ages 14 – 18 years. Ages are determined as of January 1st of the year in which the contest is held.

3. First-Year Juniors are 4-H members ages 8 – 10 years of age as of January 1 of the current year who have not participated or competed in either a county Demonstration Day or Public Speaking Contest.

4. First-Year Juniors may participate in Division C (Junior) OR Division B (First-Year Junior); BUT NOT BOTH.

5. Time limits: Judges may deduct points for speeches not meeting or exceeding time limits. 
   Prepared Speeches – Clovers = 2 to 4 minutes; Juniors = 3 to 5 minutes; Intermediates and Seniors = 4 to 6 minutes
   Extemporaneous Speeches – Juniors and Intermediates = 2 to 3 minutes; Seniors = 3 to 5 minutes
   Radio Spot Announcements - 30 seconds for all age groups
   Dramatic Interpretation, Poetry
   Interpretation, Humorous Interpretation – Clovers, Juniors, and Intermediates = 2 to 3 minutes; Seniors = 3 to 5 minutes

6. Visual aids, including posters, are not permitted. Appropriate gestures are encouraged. Dramatic Interpretation contestants may opt to sit for their presentation.

Prepared Speech

7. Prepared Speech contestants may speak on any topic. It may be wise to discuss topics that could be considered as controversial with your 4-H or Extension Educator before the contest. The speech may be written for a specific audience such as a 4-H club, PTA, or a community-service organization. Note cards containing a key word outline are permitted. Only Juniors and Clovers may use a complete script.

8. Memorization is not encouraged; however, speaking from an outline is encouraged.

Extemporaneous Speech

9. Extemporaneous Speech contestants will draw three topics on the day of the contest. They will choose one topic to speak on. Juniors and Intermediates may have up to 30 minutes and Seniors may have up to 15 minutes to prepare their talk. Contestants may use one side of up to four or both sides of up to two 4” x 6” note cards to write their key word outline. No speech should be fully written on the cards.

Radio Spots

10. Radio Spots should be exactly 30 seconds in length and may include a musical or sound effect introduction and/or background, but MAY NOT INCLUDE a spoken introduction or “tag” by anyone other than the contestant. If music or a sound effect is used, the contestant must provide and operate the sound-making device.

   The contestant MUST provide a complete written script (including notations about music/sound effects) to the timekeeper to aid in timing accuracy. Musical/sound-effect introductions and endings are considered a part of the radio spot and must not cause the 30-second time limit to be exceeded. The spot should relate to 4-H, be original and be created by the contestant. With the speaker’s permission, spots may be considered for promotional purposes.

11. Speakers may speak or interpret in a language of their choice. If using a language other than English, the participant must inform the Extension Office before the event so that judges may be acquired.

Interpretations

12. Dramatic – the memorized oral interpretation by an individual or a serious selection of narrative or dramatic literature. The speaker shall memorize this oral interpretation. It shall be a serious selection of narrative or dramatic literature. Monologues are acceptable. Mime (use of your body to create an interpretation) is also acceptable. Cuttings may incorporate characters, but monologues are acceptable. Contestants should bring two (2) copies of the script they will be using including reference. Language other than English must be translated.

13. Poetry – the memorized oral interpretation by the speaker. Contestants should bring two (2) copies of the script they will be using including
14. **Humorous** – the memorized oral interpretation of a humorous selection by the speaker. Cuttings may be taken from published plays or prose. Contestants should bring two (2) copies of the script they will be using including reference. Language other than English must be translated.

15. Speakers in the Interpretation Classes (Dramatic, Poetry and Humorous) can speak or interpret in language of their choice. If using a language other than English, the participant must inform the Extension Office before the event so that judges may be acquired.

**Additional General Rules**

17. Judges may ask questions of contestants in the Pledge, Prepared Speech, and Extemporaneous Speech, Dramatic Interpretation, Poetry Interpretation, Humorous Interpretation categories related to the presentation’s topic. Due to time constraints, questioning should be limited to two or three minutes per speaker. Questions will not be asked in the Radio-Spot category.

18. At the State Contests, a contestant may only compete in one category. If a contestant wins more than one category at the County Contest, they must choose which category in which to compete at the State Contest. Only one Champion from the 3 Interpretive Presentations will go on to compete at the State Contest. Clover and Pledge classes will compete in Carroll County only.

19. The names of two ranked champions and two ranked alternates in each age group of each category will be selected to form a pool for possible representation at the State Contest. The highest ranked individual will represent Carroll County at the State Contest.

20. State Champions may not enter the same category and age group a second time. Previous year’s local champion speeches may not be repeated.

21. Coaching during speech by family, friends, or others is not permitted.

22. All participants will be evaluated on the Danish System. Recognition and awards will occur at the conclusion of the contest. Premiums will be included with the premiums from the Carroll County 4-H/FFA Fair. The following premiums are offered for Junior, Intermediate and Senior participants: Champion Award - $4; Blue Award - $3.50; Red Award - $3; White Award - $2.50; Clover and 1st Year Junior participants will receive $1.

23. The Contest will start at 9:00 a.m. There will be no assigned times for speeches. Report to the registration desk in Burns Hall no later than 10:30 a.m. to sign up for your room. You will need to pre-register. Registration forms will be available on the Carroll County Fair website. There will be a link to direct you to the form. You will need to create a different login from the one you used for the fair. Registrations must be received by 11:59 p.m., February 25, 2019. Food will be available for purchase in Burns Hall. Remember to allow preparation time for your extemporaneous speech (15 minutes for seniors, 30 minutes for juniors and intermediates).