



Tribune

A Carroll County 4-H Newsletter

November 2022

UNIVERSITY OF MARYLAND EXTENSION

Carroll County Extension
700 Agriculture Center
Westminster, MD 21157

(410) 386-2760

M—F 8:00 A.M.—4:30 P.M.

extension.umd.edu/locations/carroll-county

Inside this Issue

Fair Premium Checks	2
Mid-Winter Blahs	2
Holiday Kick-Off	2
Gingerbread Day	2
2023 Beef/Dairy Weigh-in	3
Dairy Cattle Skillathon	3
Youth/Volunteer Nominations	3
Demonstration Day	4
Camp	4
Senior Portfolios/ National Trips	4
Record Books	4
Clover Memory Books	4
MD 4-H State Council	5
Promotional Contest Results	5
Leadership Mtg/All Stars	5
UME Volunteer Training	5
Fair Reminders	5
Dates to Remember	6

Project Records Due

Projects records will be due to the Extension Office on **Monday, November 28th**. Check with your club leader to see when your records are due to them. RECORDS WILL NEED TO BE SIGNED BY YOUR CLUB LEADER! If you participated in/exhibited in the following at the 2022 Carroll County 4-H & FFA Fair, you **MUST** turn in a completed project record to be eligible for the 2023 Carroll County 4-H & FFA Fair: **ALL MARKET LIVESTOCK, RABBIT, POULTRY, HORSE, PHOTOGRAPHY AND GARDEN**. See the attached Tips for Project Records for 2022 for additional information. (**Note—Records that are submitted and are identical from the same households will be returned to 4-Hers to redo.**)

Please follow this link to the Carroll County Extension website for the correct project records:

<https://extension.umd.edu/locations/carroll-county/local-4-h-youth-education/project-records-and-record-books>

Project Record—2022 Update of Requirement

In 2022, all project records that are completed will be held to meeting all standards, including the communication section. Remember, that 4-Hers must present a speech or demonstration to 3 or more people not related to them to meet this requirement. *This is a speech or demonstration the youth has given, not something they attended.* Don't forget that participating in programs such as skillathon, bowls, and judging programs count toward this requirement. The Extension Office has been lenient of this project record requirement since 2020, but with clubs and programs happening again in-person, all project records submitted **MUST** have a communication piece. If you have questions, please contact the Extension Office at 410-386-2760.



Fair Premium Checks

Remember, Fair checks must be cashed within 60 days from the date written on the check. Once your leader has distributed the checks, please be sure to check that you have been paid all premiums. If you find a problem, send an email to entries@carrollcountyfair.com

Mid-Winter Blah's CLASSES NEEDED!!

Beat the Midwinter Blahs will be held on **Saturday, January 28, 2023** at the Carroll County Extension Office and Ag Center. Mark the date on your calendar now and plan on joining us for this fun-filled day! If you are interested in teaching, please be sure to fill out the form found at: <https://forms.gle/gSgnNho51BnqUQ8z6>

The form is due by **Friday, November 11th**. If you are interested in teaching, but need an idea, feel free to reach out to the Extension Office. We have LOTS of ideas!

Holiday Kick-Off



Class is FULL, please call Extension Office at 410-386-2760 to be added to a waiting list.

Let's Kick off the Winter Holiday Season with a day of crafts, baking, games and more! Join us on **Friday, November 25 at the Extension Office from 9:00 am - 4:00 pm**. We will be making a variety of fun crafts that can be used for gifts and fair entries, getting a jump start on cookie baking, as well as enjoying some play time and getting to know other youth from across the county. This is a day that will definitely get you into the holiday spirit! There will be a participation fee of \$10 (5% surcharge will be added at check out) and participants will need to pack their own lunch. All other supplies will be provided. This event is open to all 4-H members, ages 5 and older. If you have any questions, please email Jennie Chamelin at jchameli@umd.edu. **Registration deadline is Wednesday, November 16.**

Family Gingerbread Day

Join us for a fun filled afternoon on **Sunday, December 4 from 2 to 4 pm at the Extension Office** to build a Gingerbread House! All supplies will be provided. Clovers, 4-Hers and their families are welcome to join in on the fun! You can partner up with a friend to create a house, a family can make one together or just make one for yourself. Each house will cost \$20 to build and decorate. A fun contest will take place with our Facebook followers voting on their favorite ones! Register early to reserve your spot (link to payment can be found on registration form). **Limited to first 20 paid registrations**. Questions? Contact the Extension Office at 410-386-2760. **Register at:** <https://forms.gle/mqEwsMfxN6618sHj8>



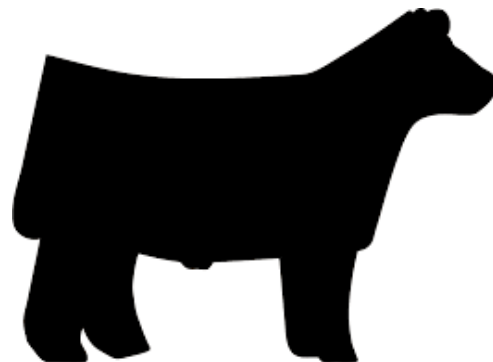
Market Beef, Dairy Steer and Commercial Heifer

We have scheduled steer weigh-in for **Saturday, January 7, 2022 at the Ag Center TRP Building beginning at 8 AM until 11 AM.** Because of the location, all steers/heifers must be on a halter and reasonably broken!

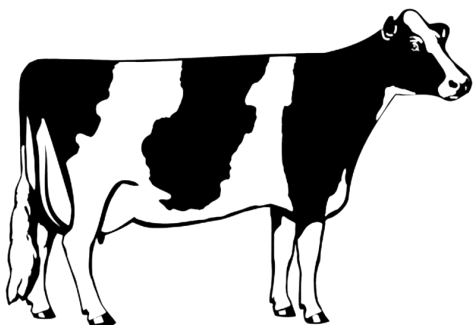
Market Animal Registration forms and AnSc Code of Ethics can be picked up at the Extension Office, from your club leader or email Becky (bridgewa@umd.edu) to have forms mailed to you.

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 (3 total signatures for the 4-Her and 3 signatures for the parent/guardian). Your copy will be given to you on the day of weigh-in. If you have questions, please call 410-386-2760.

Registration forms are due to the CC Extension Office by Tuesday, January 3rd. Tag cost is \$2 per steer/heifer. Please make checks payable to CCEAB or we now accept credit cards with a 5% processing fee.



Dairy Cattle Skillathon



Are you interested in expanding your knowledge of the Dairy Cattle project? If so, the Dairy Cattle Skillathon is the place for you. Join other interested youth to learn about the various breeds, feeds, hay, vet practices and more at our Dairy Cattle Skillathon practices beginning in November. You will then be well prepared to compete in the State Dairy Skillathon Contest in the spring. If you are interested or have any questions, please contact Leeann Sanders at 908-208-8550 or PoppysPrideGoats@gmail.com.

Please mark these dates for practices: **All practices will begin at 7pm at the Extension Office.**

Practices Dates: 11/2, 11/16, 11/30, 12/7, 12/21, 1/4, 1/8

Youth/Volunteer Award Nominations

It's time to think about all those amazing 4-Hers and UME Volunteers that we have in Carroll County!! Was there someone who really went above and beyond in 2022 that you feel should be recognized at the 2023 4-H Achievement Program? Then take a few minutes to nominate them. **Volunteer nominations are due by January 20, 2023 and 4-H nominations are due by February 28th** . Nominations can be completed through the link below or by completing the attached form.

Link for Volunteer and 4-H member nominations—<https://forms.gle/Sn4TCmDgJutdUDVh8>

Demonstration Day!

It's time to start thinking about Demonstration Day 2023! This event will be held on **Saturday, February 18, 2023** at the Extension Office. Arrive between 9 and 11am, demonstrations will be given on a first come first serve basis. Start thinking about that demonstration 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 registration will be done through the Carroll County Fair website at www.carrollcountyfair.com. **Registration deadlines will be announced in the December/January Tribune.** Rules and regulations are attached to the end of this *Tribune*. If you have any other questions, call the Superintendents or the Extension Office at 410-386-2760.

2023 Camp

Already dreaming of camp? Add these dates to your 2023 calendar!

June 18-22, 2023—Younger Week (Age 8-11)

July 9-14, 2023—Older Week (Age 10-16)

Youth Leader Applications are now available for those interested in serving in a volunteer youth staff position at camp. Youth ages 12 and older (by June 2023) are eligible to apply. Click the link below to complete the application. If a paper form is needed, please contact the Extension Office at 410-386-2760. Interview dates will be emailed out in December.

Youth Leader Application— https://docs.google.com/forms/d/e/1FAIpQLScz7AYKMyIPG4_LApEue76nbUG9C4QF2NnhA0mG0mwBWSPSXQ/viewform?usp=sf_link

Senior Portfolio/National Trips

We hope to see LOTS of Senior Portfolios submitted by January 2nd to the Extension Office for review!! Portfolios showcase a 4-H resume and essay highlighting the amazing accomplishments of senior 4-H members (must be 14 years old as of January 1st to apply). Through the portfolio process 4-Hers can apply for national trips to National 4-H Congress, 4-H Conference, Camp Miniwanica and more! As part of the process you will also need to answer the essay question "Describe the benefit of participating in 4-H to an elected official and why they should support the 4-H Program." **Portfolios applying for National Trips are due in 4-H Online by January 15th!!**

Record Books

It's a great time to start thinking about your 2022 record books! Record books are a great way to keep track of your 4-H career and highlight your accomplishments. The record book includes a junior summary, project records (which you already do), a 4-H story and a few more items. Record Book covers are available at the Extension Office for free. Record Books are due **Monday, February 6, 2023**. More information can be found at: <https://extension.umd.edu/locations/carroll-county/local-4-h-youth-education/project-records-and-record-books>

Clover Memory Books

Clover members are able to put together a Clover Memory Book (scrapbook) of their year in 4-H. Clover Memory Books highlight everything clover members did throughout the year including pictures, ribbons, judging score sheets, etc. Guidelines for memory books can be found at: <https://extension.umd.edu/locations/carroll-county/local-4-h-youth-education/project-records-and-record-books> at the bottom of the page. Memory Books are due **Monday, February 6, 2023**.

Maryland 4-H State Council

Interested in taking on a larger leadership role with Maryland 4-H? Then think about applying for the Maryland 4-H State Council. The 4-H State Council helps in promotion of the state program throughout the year. Any member between the ages of 13-18 as of January 1st are eligible to apply. More information can be found at: <https://go.umd.edu/4hstatecouncil2022>

Applications are due by November 15th.

Promotional 4-H Contest

The 4-H Promotional Contest is held during National 4-H Week each year. Clubs are encouraged to promote 4-H throughout the county at local businesses. Check out the results from this year's contest:

Grand Champion—Sam's Creek 4-H Club

Reserve Grand Champion—Lineboro 4-H Club

Reserve Champions—Black Rock 4-H Club and Everything Equestrian

Blue Awards—Fine Feathered Friends 4-H Club, Lucky Clovers 4-H Club and Progressive Clovers

Red Award—Clover Buddies 4-H Club

Check out pictures of their displays on our Facebook Page.

Leadership Council & All Stars Meeting

Join the Carroll County 4-H Team for the fall Leadership Council meeting on **Wednesday, November 2 at 6:30pm at the Extension Office**. This meeting is open to any senior 4-H member, UME Volunteer and parent/guardian. An overview of what has been happening in 4-H will be provided, along with an overview of upcoming programs and an opportunity for comments and questions from attendees. The Carroll County 4-H All Stars will be meeting immediately following the Leadership Council Meeting.

UME Volunteer Training

If you aren't already a UME Volunteer, make plans to complete the training in 2022. Just email Becky (bridgewa@umd.edu) and you can complete all of the required paperwork and training directly from your home. Trainings can be completed at anytime!

Fair Reminders

Everyone is welcome to participate in Fair Board meetings held at the Extension Office/Ag Center. The next meeting date is: December 7th (Annual potluck holiday dinner/meeting)

Too many ribbons? Don't throw them away. If they look like new, drop them off at the Extension Office and we will recycle them for next year. Let's recycle!

2023 Fair Dates—July 29—August 4, 2023

Fair Pictures—Check out the 2022 Carroll County 4-H & FFA Fair Pictures. Pictures are available to be purchased through this link— <https://carrollcountyfair2022.smugmug.com/> Pictures MUST be ordered by **November 15th!**

Indoor Superintendents Meeting (excluding foods) will be held on Tuesday, November 22, 7pm at the Extension Office. We will be discussing any rule and class changes for departments.



Dates to Remember

November 2	Leadership Council Meeting, Extension Office, 6:30pm 4-H All Stars Meeting, Extension Office, following Leadership mtg Dairy Cattle Skillathon, Extension Office, 7pm
November 11	Extension Office Closed, Veteran's Day
November 12	Mid-Winter Blah's Classes DUE
November 16	Dairy Cattle Skillathon, Extension Office, 7pm
November 24-25	Extension Office Closed, Thanksgiving
November 25	Holiday Kick-off, Extension Office, 9am-4pm
November 28	Project Records Due to Extension Office
November 30	Dairy Cattle Skillathon, Extension Office, 7pm
December 3	Project Record Judging, Extension Office, 9am
December 4	Family Gingerbread Day, Extension Office, 2pm
December 7	CC 4-H & FFA Fair Board Meeting, Extension Office, 7:30pm Dairy Cattle Skillathon, Extension Office, 7pm
December 10	Project Record Judging, Extension Office, 9am
December 21	Dairy Cattle Skillathon, Extension Office, 7pm
December 26	Extension Office Closed, Christmas
January 2	Extension Office Closed, Happy New Year!
January 3	Senior Portfolios Due to Extension Office Steer/Heifer Livestock Registrations Forms Due
January 7	Beef, Dairy and Commercial Heifer Weigh-In/Tagging, Ag Center (TRP), 8am-11am

Dates to Remember



Carroll County 4-H Team

Becky Ridgeway

Torrey Silliman

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The Carroll County 4-H Website. Find the *Tribune* online, plus other forms and information for youth and leaders.
<http://extension.umd.edu/locations/carroll-county>

The MD 4-H Youth Development Website, news & information from all over the state, plus forms and information for youth & volunteers. <http://extension.umd.edu/programs/4-h-youth-development>

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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 need a reasonable accommodation to participate in any event or activity, please contact the Carroll County Extension Office at 410-386-2760, fax: 410-876-0132, at least two (2) weeks prior to the program.



Tips for Completing Project Records

Here are some tips and helpful hints as you work on your project records.

Don't forget that the following project records are required to show at the 2023 Carroll County 4-H/FFA Fair – ALL MARKET ANIMALS, Horse, Poultry, Rabbit, Garden and Photography
(Items in green are REQUIRED FOR COMPLETION)

Remember to EXPAND on all of your answers. The more detailed responses you give help the reviewers understand your projects and what you learned and achieved through them.

1. **What goals did you set for your project this year and did you achieve them?**
 - a. Explain three different goals you had for your project and expand on how you did or didn't achieve them.
2. **What were four things you learned from completing this project this year?**
 - a. Juniors and Intermediates – Need to list at least 2 things you learned from your project
 - b. Seniors – Need to list at least 4 things you learned from your project
3. **What is one thing you would like to improve or do differently with your project next year?**
 - a. What is something that you want to improve on your project next year? Give an example on what you want to do differently with your project.
4. **What I learned as a result of using this life skill...**
 - a. Under each section (Head, Heart, Hand, Health) write the life skill you are using from the life skill wheel.
 - b. Juniors and Intermediates need to write 1 life skill for each section. You will have one life skill for Head, one for Heart, one for Hand and one for Health.
 - c. Seniors need to write 2 life skills for each section. You will have two life skills listed for Head, two for Heart, two for Hand and two for Health.
5. **Project Activities**
 - a. Everyone needs to list project activities in how they relate to your project. This can be attending the Mid-Winter Blahs, Livestock Workshops, Quality Assurance, County or State Fair, etc.
6. **Project Communications**
 - a. Everyone **MUST** have some type of communication related to their project that you have given to at least 3 people who are not related to you.
 - b. Example – If you are filling out a project record for Photography your communication needs to be something relating to Photography and not a speech related to building a birdhouse.
7. **Project Exhibits**
 - a. Everyone must have exhibited their project at some event. This can include County or State Fair, a community or school event.
 - b. List all exhibits separately. This includes all classes to be listed separately (example – Market Hog – you would list, Market Hog, Showmanship and Rate of Gain on 3 separate lines, not all together).
8. **Project Financial Section (General Project Records)**
 - a. List all expenses related to your project and put a value on them, even if your parents paid for them, they still have a value associated to them.



- i. Example – If you baked a cake, you would list your ingredients (Sugar, Flour, Chocolate, etc. and the cost \$13.50)
 - b. Income includes any premium checks you have received for your items. Remember to keep your copy of your premiums from the fair, this will tell you what your premiums were for each item you entered at the fair.
- 9. Supplemental Piece**
 - a. If you are completing a General Project Record a supplemental piece can be included. This is one additional piece of paper (8x11) attached to the end of your record. This can be a picture with a couple sentences written about your project or a story, crossword puzzle, etc. It needs to be something that relates to your project.
- 10. ANIMAL PROJECT RECORDS**
 - a. **Market Livestock Project Record Forms**
 - i. Table 1 – Information of Project Animal – This is **REQUIRED** to be completed. Make sure to fill in all information related to your animals. All animals you tagged should be included on this table, even if you didn't show them. Remember to bring your totals down to the total line.
 - ii. Table 2 and 3 – Include information on what you fed your animals and the cost of feeding those animals, along with other expenses you have had with your project including bedding, equipment, etc.
 - iii. Table 4 – Health and Veterinary Expenses – Everyone should have something listed here. To show at the fair you had to have health papers, which would be listed on this table.
 - iv. Table 5 – Sale Animal Income – List the information related to any animals you sold. This can be from selling at the fair or private sales.
 - v. Table 6 – All Other Income – Include any other income from your animals. This could be premium monies, selling wool or hides, etc.
 - vi. Financial Summary – Add up all of your income and expenses to see a profit or loss from your project.
 - b. **Poultry/Rabbit/Horse/Dogs Project Records**
 - i. Make sure to fill out tables related to your animal information, along with each table that related to your project. If you didn't do something in the project (Example – Didn't sell eggs), just put N/A in that table, so the project record reviewers know you didn't just skip the table.
 - ii. Include a supplemental piece that showcase your project!

Make sure to have **ALL SIGNATURES** (4-H Member, Parent and Club Leader) a 4-H Educator will sign off on the forms when they are considered complete.

Also, if you have siblings that participate in the same projects, make sure your records are DIFFERENT. If they are the same, they will be returned to be redone.



It's that time again to recognize the achievements of our members and volunteers! Each year at our Achievement Night Program, special Carroll County awards are presented to outstanding 4-H'ers and Volunteers. It is important to have leader input for the award nominations as you know your members and fellow volunteers best. Often times, a well-deserving 4-H'er is overlooked simply because they weren't nominated.

In order to nominate someone for an award, you should complete a Special Awards Nomination Form. Please return the form by January 20, 2023 to the Carroll County Extension Office or email to bridgewa@umd.edu.



ROOKIE OF THE YEAR

This is a 4-H volunteer who has served for 1 to 12 months as of January 1, 2022, benefiting the entire program and not just the local club. This leader implements a worthwhile scope of programs in club projects, community service, county/state activities, record books and workshops. This leader makes time to attend meetings and other 4-H activities (local and county). The leader encourages youth to participate in the overall 4-H program, is cooperative, congenial and considerate in working with 4-H'ers, leaders, parents and Extension staff. [Volunteers should be considered for their accomplishments between January 2022 and December 2022.]

VOLUNTEER OF THE YEAR

This is a 4-H volunteer who has served a minimum of three years as of January 1, 2022, benefiting the entire 4-H program (local, county, state). Same criteria as "Rookie of the Year". [Volunteers should be considered for their accomplishments between January 2022 and December 2022.]

UNSUNG VOLUNTEER

This volunteer is dependable and responsible, yet is not often in the spotlight. Participates in local, county, and state competitive and non-competitive educational activities.

HEALTH AWARD

This volunteer works efficiently with a conscious, energetic effort; practices safety, good nutrition and participates in fitness activities; is involved in the community, making life better for others such as helping with therapeutic riding, visiting nursing homes, and other community service areas.

I DARE YOU VOLUNTEER

This volunteer dares 4-H'ers to head somewhere with an inner urge for leadership. Shares talents, knowledge, and encourages the use of safety practices. The volunteer supports active participation of members and parents in the local, county, and state 4-H program. This volunteer has done a lot for 4-H, but is being dared by 4-H'ers to go a step further "to make the best better".

HEAD AWARD

This volunteer is creative, plans local and county workshops, activities, and events, thinks clearly, uses good judgement, and brings new interests into 4-H programs.

HANDS AWARD

This volunteer is most helpful and supportive to the overall 4-H program, is skillful and trained to do the practical things well, supports the motto "Learning To Do By Doing" by their own actions.

HEART AWARD

This volunteer gives time willingly and is devoted to the 4-H program, is understanding, patient, responsible, loyal, and hospitable to 4-H'ers, parents, and the community.

CARROLL COUNTY 4-H FAMILY

This family (at least 2 people) is involved in 4-H, not only on the local club level, but also finds the opportunity to become involved with 4-H activities on the county, state, regional or national level. This family will gain for themselves, but also share so that others may grow

through their leadership. (Please include specific examples of involvement for your nominated family.)

Carroll County 4-H Volunteer Award Nominations

For each nominee, please attach a 50-100 word summary on a separate piece of paper describing the volunteer's accomplishments and contributions to the 4-H program. The nominations should be returned to the Carroll County Extension Office at 700 Agriculture Center, Westminster, MD 21157 or emailed to Becky Ridgeway at bridgewa@umd.edu. Please return all nominations by January 20, 2023. Thank you for your participation.

Rookie of the Year

Nominee: _____ Club: _____

Volunteer of the Year

Nominee: _____ Club: _____

Unsung Volunteer

Nominee: _____ Club: _____

Health Award

Nominee: _____ Club: _____

I Dare You Volunteer

Nominee: _____ Club: _____

Head Award

Nominee: _____ Club: _____

Hands Award

Nominee: _____ Club: _____

Heart Award

Nominee: _____ Club: _____

Carroll County 4-H Family

Nominee: _____ Club: _____

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.





Carroll County 4-H Achievement Program Member Nominations

Recognizing Youth for their Achievements for the 2022 4-H Enrollment Year

For each nomination, please attach a 50-100 word summary on a separate piece of paper describing the member's accomplishments and why he/she should be considered for that award. The nominations should be returned to the Carroll County Extension Office at 700 Agriculture Center, Westminster, MD 21157 or emailed to Becky Ridgeway at bridgewa@umd.edu. Please return all nominations by February 28, 2023. Thank you for your participation.

Outstanding 1st Year 4-H'ers (Ages 8 – 18; Please do not include Clover Age Youth)

Nominee: _____ Club: _____

Junior Awards

Juniors Up and Coming (Ages 8, 9 and 10)

Nominee: _____ Club: _____

Juniors Growing and Going (Ages 11, 12 and 13)

Nominee: _____ Club: _____

Outstanding Juniors

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Senior Awards (Youth Ages 14 – 18)

All Star Leadership

Nominees take opportunities to work with youth, peers and adults in leadership roles; actively participating in program planning, development, and implementation; strives "to make the best better" for club, community and country.

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Service

Nominees give a full measure of talent, skills, time and energy back to the 4-H program.

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Citizenship

Nominees exhibits respect for and responsiveness to needs, rights and responsibilities of others in club, community and country.

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

I'll Be Glad To

Nominees are always willing to accept a job, can be counted on to see the job to the finish and does the job well.

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Unsung 4-H'er

Nominees are dependable and responsible, yet not always in the limelight; nominee has not previously received deserved recognition.

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Service Scholarship Nominees

Ten 4-H'ers who give time and energy to benefit overall good of county to participate in 4-H activities and events.

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____

Nominee: _____ Club: _____



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Demonstrations & Illustrated Talks

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

CONTEST: SATURDAY, FEBRUARY 18, 2023 – 9:00 A.M.
CARROLL CO. EXTENSION OFFICE

**CLASSES 005 AND 006 ARE DUE TO THE CARROLL CO. EXTENSION OFFICE
BY FEBRUARY 3, 2023.**

- **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.**
 - 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 have 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 firearms, 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

Jr. Int. Sr.

1001	2001	3001	Automotive, Tractors, Small Engines, Bicycles
1002	2002	3002	Arts & Crafts, Photography
1003	2003	3003	Clothing, Personal Appearance
1004	2004	3004	Conservation, Entomology, Forestry, Marksmanship (See rule above)
1005	2005	3005	Family Life, Child Care, Safety, Health, Home Environment
1006	2006	3006	Gardening, Plan & Plant, Ag Commodities
1007	2007	3007	Handyman, Electric, Woodworking
1008	2008	3008	Livestock – Beef, Sheep, Swine, Horse/Pony, Dairy goat, Dairy Cattle, Veterinary Science (See rule above)
1009	2009	3009	Livestock – Rabbits, Poultry, Small Pets, Dogs
1010	2010	3010	General
1011	2011	3011	Food/Nutrition

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. (Demonstrations on growing landscaping materials should be entered in the production class. Cut flower arrangement should be entered in class 4027.)

Section 004 – Top Chef Challenge – Rules and Regulations

1. **ALL TOP CHEF Challenge participants will participate in their age group categories. Seniors will go from 9:00-10:00 a.m.; Intermediates will go from 10:00-11:00 a.m.; Juniors will go from 11:00 a.m.-12:00 p.m.**
2. Participants for the event will compete simultaneously in their own designated workspace.
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 tablecloth 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

Class 1030 Jr. Entry: “Fast and Fab: Easy but delicious ideas for busy 4-H families” Dessert
Class 2030 Int. Entry: “Fast and Fab: Easy but delicious ideas for busy 4-H families” Appetizer
Class 3030 Sr. Entry: “Fast and Fab: Easy but delicious ideas for busy 4-H families” Main Dish

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 lifestyles 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 February 3, 2023, 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 to include 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.

7. Judging criteria includes (score sheets available at the 4-H Office): Nutrition – 30%, Variety – 30%; Meal Appeal – 10%; Moderation of sodium, fat, sugar – 10%; Food Needs of Family Member – 10%; Creativity – 10%
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

Jr. Int. Sr.

1035 2035 3035	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.
1036 2036 3036	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.
1037 2037 3037	One meal is a packed lunch – one meal should be written as a bagged or packed meal.
1038 2038 3038	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.
1039 2039 3039	Ethnic Menu – describe the culture represented

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 watercolor, 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 February 3, 2023, 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

Class 1045	Jr. Entry
Class 2045	Int. Entry
Class 3045	Sr. Entry

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. The displays are not due ahead of time to the Carroll County Extension Office.**
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.
6. Food-Science Display scoring – Scientific thought – 35%; Originality – 25%; Thoroughness – 20%; Technical Skill – 10%; Clarity – 10%
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

Class 1050	Jr. Entry
Class 2050	Int. Entry
Class 3050	Sr. Entry

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 programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

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