



2009
VERMILION PARISH DEMONSTRATION DAY
SATURDAY, JANUARY 31, 2009
KAPLAN HIGH SCHOOL
REGISTRATION -- 8:30 A.M.
CONTEST BEGINS -- 9:00 A.M.

Cooperative Extension Service
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Extension Programs
 Agriculture and Forestry
 Community Leadership
 Economic Development
 Environmental Sciences
 Family and Consumer Sciences
 4-H Youth Development
 Natural Resources

GENERAL RULES & REGULATIONS

- All boys and girls taking part in contest must be an enrolled 4-H club member.
- Competition will be in 4 divisions: 4-5th grade, 6th grade, 7-8th grade, 9-12th grade divisions. Except for Beef and Seafood Cookery, which have no grade division.
- All age and project requirements for the state contest will be observed to qualify senior parish winners for State 4-H University. An 8th grader (who was at least 13 years of age on December 31, 2008) is eligible to represent Vermilion at State 4-H University in Ag Products, Resource Management, Entomology, Soybean Illustrated Talk, Horticulture Demonstrations, Small Engines Demonstration, General Public Speaking, Cooperative Public Speaking and 4-H Has Talent. His or her contest score will be compared with senior division winners to select the parish winner.

- 4th & 5th graders** can only enter the following: 4-H Has Talent, General Agriculture, Family & Consumer Science Demonstration, General Foods, and Any Other Subject Demonstrations, Horse Individual & Team Demonstrations, General Public Speaking, and Cooperative Public Speaking. Ribbon placings will be awarded: Blue, Red, and White Groups. **Club points are awarded as follows: blue ribbon, 150 pts.; red ribbon, 100 pts.; and white ribbon, 50 pts.**

They may also enter Beef and Seafood Cookery. *In this contest, ribbons will be awarded for 1st - 5th place in each category.*

6th-12th grade members may enter as many contests as he or she wishes. Club points are as follows.

6th, 7-8th, 9-12th Grades

Placing	Club Points for each person placing
1st	250
2nd	200
3rd	150
4th	100
5th	50

- There is no limit to the number of teams per club, but contestants may give only one demonstration per category. Team members do not have to be from the same school but must be in the same division to compete. A team or individual may enter the same demonstration in up to 3 categories.

DEMONSTRATION CATEGORIES

4-H Has Talent (4-H University Qualifying Contest for 8-12th Grade)

- Open to all 4-H members regardless of project.
- May be individual or groups up to 8 members.
- Groups will be placed into the division of the oldest group member.
- Contestants must bring all equipment and supplies required for their performance.
- Maximum time limit per act is five (5) minutes.
- Acts may include vocal, dance, drama, instrument, etc.

AG PRODUCTS DEMONSTRATION (4-H University Qualifying Contest for 8-12th Grade)

- Open to all 6-12th grade members.
- 6th grade, team or individual; 7-8th and 9-12th, individuals only.
- Present a demonstration preparing a dish using a Louisiana agriculture product (ex. – rice, beef, seafood, poultry) **NOT HORTICULTURE PRODUCTS**. Demonstration should include history of the product, types available, food value of product, cooking characteristics and product importance in our economy.
- Time Limit:
 - 6th, 7-8th grade ---- 5-15 minutes
 - 9-12th grade ---- 10-15 minutes

ENTOMOLOGY DEMONSTRATION (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all 6-12th grade members regardless of project(s).
2. 6th grade members may give a team or individual presentation. 7-8th; 9-12th grade members must give a team demonstration.
3. Any topic related to entomology (insects) may be demonstrated.
4. Time Limit:
 - a) 6th, 7-8th grade ---- 5-15 minutes
 - b) 9-12th grade ---- 10-15 minutes
5. Suggested topics:
 - a. Insect control (selects one particular insect and demonstrate control of that one insect).
 - b. Environmental Protection
 - c. Pesticide Safety
 - d. Mounting Insects

ENVIRONMENTAL THREAT RESOLUTION (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all club members regardless of project(s).
2. Teams only. A team consists of two individuals of either or both sexes.
3. Time limit: 10 – 15 minutes
4. Present and illustrated talk based upon research on the following topic: Aquatic Animals as Invasive Species.

FAMILY AND CONSUMER SCIENCE DEMONSTRATION (4-H University Qualifying Contest for 9-12th Grade)

1. Open to all club members regardless of project(s).
2. Team demonstration only. A team consists of two individuals of either or both sexes.
3. Time Limit:
 - a) 4-5th, 6th, 7-8th grade ---- 5-15 minutes
 - b) 9-12th grade ---- 10-15 minutes
4. May be given on any topic which relates to family and consumer science, except food preparation demonstrations.

GENERAL AGRICULTURE DEMONSTRATION (4-H University Qualifying Contest for 9-12th Grade)

1. Open to all club members regardless of project(s).
2. Team demonstration only. A team consists of two individuals of either or both sexes.
3. Time Limit:
 - a) 4-5th, 6th, 7-8th grade ---- 5-15 minutes
 - b) 9-12th grade ---- 10-15 minutes
4. Team may choose any topic which relates to some phase of agriculture. (Examples: animal health and/or care, grooming, equipment use)

GENERAL FOODS DEMONSTRATION

1. Open to 4-5th, 6th, 7-8th grade members regardless of project(s).
2. Team or individual demonstration.
3. Present a demonstration preparing any food dish. Demonstration should include history of the food, types available, food value, and cooking characteristics.
4. Time Limit: 5-15 minutes
5. Seniors (9-12th) can not compete in this category.
6. Demonstration can not be given in another category.

NUTRITION ILLUSTRATED TALK (4-H University Qualifying Contest for 9-12th Grade)

1. Open to all 6-12th graders
2. Teams only.
3. Time Limits:
 - a) 6th; 7-8th grade: 5-15 minutes
 - b) 9-12th grade: 10 – 15 minutes
4. Members may use posters or Power Point presentations (equipment will be provided).
5. Must be an illustrated talk, not a demonstration, promoting good nutrition.

HORSE CONTESTS:

Any 4-H member is eligible to compete in Horse Contests regardless of project(s) enrolled in. Divisions will be 4-5th, 6th, 7-8th & 9-12th.

HORSE TEAM DEMONSTRATION CONTEST

1. May be a demonstration or illustrated talk.
2. Teams only. A team consists of two individuals or either or both sexes.
3. Subject must pertain to the horse industry.
4. Time Limit: 6-12 minutes (Points will be subtracted for excessive time. One point will be deducted from each judge's score card for each of minute overtime.)
5. Live animals may be used.
6. Judges may ask questions after demonstrations. Question time will not be counted in the allotted time.

HORSE INDIVIDUAL DEMONSTRATION CONTEST

Same rules for Team Contest, but only one member presents demonstration.

HORSE PUBLIC SPEAKING CONTEST

1. Subject must pertain to the horse industry.
2. Five to ten minutes will be allowed each speaker, with points subtracted for excessive time. One point will be deducted from each judge's score card for each minute of overtime.
3. Contestants may use notes. Excessive use of notes may be counted against the contestant at the discretion of the judges.
4. Judges may ask questions concerning the material.

HORTICULTURE DEMONSTRATIONS

(4-H University Qualifying Contest for 8-12th Grade)

1. Open to all 6-12th grade members regardless of project(s).
2. 6th, 7-8th, 9-12th graders: can be a team of two (2 boys, 2 girls, or a boy and a girl) or an individual.
3. Time Limit:
 - a) 6th, 7-8th grades --- 5-15 minutes
 - b) 9-12th grade --- 10-15 minutes
4. Demonstrations can be in any of the following categories:
 - A) **Horticulture General** -- to include any or all of the four areas of production, marketing, artistic arrangements and/or landscaping.
 1. **Production** -- Any practice that has to do with growing and developing ornamentals, or turf; or growing, developing or maintaining vegetables, fruits, or terrariums.
 2. **Marketing** -- Operations in preparing and exhibiting vegetables, fruits, nuts, flowers and ornamentals for (1) market, (2) offering for sale to a buyer, or (3) for commercial storage.
Suggested topics for Production & Marketing:

a. fertilizing the home lawn	d. potting plants
b. grafting citrus trees	e. selling plants for profit
c. pruning fruit trees	
 3. **Artistic Arrangement** -- Demonstration of techniques and principles involved in the artistic arrangement of flowers and/or other horticultural materials. Basically, this should be a demonstration to teach or demonstrate a principle involved in the art of flower arranging. Artificial flowers may not be used. Dried plant material may be used.
Suggested topics: Making some type of arrangement using horticultural products of your choice.
 4. **Landscaping** -- Any practice that has to do with arrangement, establishment and or maintenance of developed ornamental plants and turf around or within a home, business, or public grounds (growing or developing materials should be in production).
Suggested topics:

a. planting for shade and sun	e. how to fertilize shade trees
b. landscaping to attract birds	f. disease prevention
c. fruit trees in the landscape	g. how to control insects in the landscape
d. how to prune trees and bushes	
 - B) **Horticulture Use**
 1. Must relate to use of horticultural crops.
 2. Suggested topics: Preparation of any food using fruits, vegetables, nuts, etc., for table uses, cooked or raw or for canning, freezing, or dehydration.

PUBLIC SPEAKING: GENERAL (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all members regardless of project.
2. Divisions: 4-5th, 6th, 7-8th, and 9-12th
3. Contestants may speak on any subject except Cooperatives, as this is the subject for another contest.
4. Notes and visuals may be used if desired, but speeches should not be read.
5. Time Limits:
 - a) 4-5th, 6th, 7-8th grade ---- 3-5 minutes
 - b) 9-12th grade ---- 5-7 minutes

PUBLIC SPEAKING: COOPERATIVE (COOP) (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all members regardless of project.
2. Divisions: 4-5th, 6th, 7-8th, and 9-12th
3. Contestants may speak on cooperatives -- farmer, electric, or other cooperatives can be your subject. Information on cooperatives can be obtained from the 4-H Office.
4. Notes and visuals may be used if desired, but speeches should not be read.
5. Time Limits:
 - a) 4-5th, 6th, 7-8th grade ---- 3-5 minutes
 - b) 9-12th grade ---- 5-7 minutes

RESOURCE MANAGEMENT (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all 6-12th grade members regardless of project(s).
2. 6th; 7-8th; 9-12th graders must give an individual presentation.
3. Illustrated Talk (just posters and speech) on Resource Management and respond to questions from judges.
4. Time Limit:
 - a) 6th, 7-8th grade ---- 5-15 minutes
 - b) 9-12th grade ---- 10-15 minutes
5. Suggested topics – Present an illustrated talk on some aspect of electric energy, such as energy conservation, the benefits of electricity, alternative sources of electricity, maintenance and repair of electrical systems, new technology, or careers in electric energy management, conservation of any of the state's natural resources, such as soil, water, energy, air, forests, wetlands, etc.

SMALL ENGINES DEMONSTRATION (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all 6-12th grade members regardless of project(s).
2. 6th grade members and 7-8th grade members may give a team or individual demonstration. 9-12th grade 4-H'ers must present an individual demonstration.
3. Time Limit:
 - a) 6th, 7-8th grade ---- 5-15 minutes
 - b) 9-12th grade ---- 10-15 minutes
4. May choose any topic related to maintenance, repair, operation, care, or selection of small engines, for mini-bikes, go-carts, three wheelers, motorcycles, chain saws, boat motors, etc. Some suggested topics are:
 - a. Preparing small engines for winter storage
 - b. Care of spark plugs
 - c. Adjusting engine speed
 - d. Timing a small engine

SOLUTIONS UNLIMITED (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all 6-12th graders
2. Individuals only
3. Time limit: 5-7 minutes
4. Members may use posters or Power Point presentation (equipment will be provided)
5. Individuals should come prepared to share their solution, in a logical and organized manner, to the following scenario:
SOLUTIONS UNLIMITED SCENARIO: *Your club has been conducting community service projects each year. You have just learned about a new concept called "community service learning" and want your club to try this method. Design a presentation, including a project proposal, to convince your club members that this is the way to go.*

Three possible web sites: <http://www.servicelearning.org/>
<http://www.csun.edu/~ocls99/>
<http://www.calstatela.edu/academic/psych/servicelearning/>

SOYBEAN ILLUSTRATED TALK (4-H University Qualifying Contest for 8-12th Grade)

1. Open to all 6-12th grade club members regardless of project(s).
2. Individuals only.
3. Time Limit: 5-8 minutes
4. Present an illustrated talk (posters/visuals only - **not a demonstration**) about the soybean industry. It is suggested that the presentation be on some specific phase of the soybean industry. Present a demonstration on such topics as: Disease control, nutrition importance, harvesting, weed control, marketing, use of soybeans, etc.

ANY OTHER SUBJECT

A demonstration that does not fit in any of the above listed categories will be placed in the Any Other Subject category.

1. Open to all 4-5th, 6th, 7-8th & 9-12th grade club members regardless of project(s)
2. Individual or team demonstration. A team consists of two individuals of either or both sexes.
3. Time Limit:
 - a) 4-5th, 6th & 7-8th grade ---- 5-15 minutes
 - b) 9-12th grade ---- 10-15 minutes
4. Demonstration can not be given in another category.

REMEMBER: *All demonstrations, except Any Other Subject, are 4-H University qualifying, however, 8th graders are **NOT** eligible to compete in all contests at 4-H University. See above list for 8th grade qualifying contests.*

BEEF & SEAFOOD COOKERY CONTEST

Our annual Beef and Seafood Cookery Contest will be held in conjunction with Demonstration Day on Saturday, January 31, 2009, at Kaplan High School. All participants must bring their prepared dishes with the recipe to Kaplan High between 8:30 and 9:00 a.m. All dishes should be prepared and chilled to refrigerator temperature and transported on ice in an ice chest. This rule is for food safety purposes and applies to **ALL** dishes (***even dishes that are not normally refrigerated!***). Dishes not chilled and transported in this manner will be disqualified. If a dish should be eaten hot, please indicate that fact on the recipe and judges will heat food before tasting. Recipes must include amount of ingredients, steps in preparation, and the number of servings. Child's name and school should be written on the back of the recipe. A list of categories follows.

The cookery contests are open to all club members regardless of grade or project. All grades will compete together and 1st through 5th place will be awarded ribbons in each category. The winner in each category will be eligible to participate in the district contest in the spring.

GROUND BEEF

Note: For each category, a minimum of one pound of **GROUND BEEF** must be used. The entire dish must be exhibited at the contest.

1. **Low Calorie Main Dish** ---- The dish should have less than 300 calories per serving. Please indicate calories per serving on recipe.
2. **Quick & Easy Main Dish** ---- The dish should be ready to serve in less than one hour. The time for each step and for cooking or baking must be written on the recipe.
3. **One Dish Meal** ---- The dish should provide foods from at least three of the five main food groups of the Food Guide Pyramid. Write food groups on the recipe. Food groups include: bread, vegetable, fruit, meat, and milk.

SEAFOOD

All dishes must use at least one cup of **LOUISIANA** seafood. The seafood must be fresh, frozen, pasteurized or dried. Canned seafood is not acceptable. There can be no raw seafood in the final dish. Categories are as follows:

- | | | |
|-----------|--------------------------|-------------|
| 1. Oyster | 3. Shrimp | 5. Crawfish |
| 2. Crab | 4. Fish or Other Seafood | |

2009 Seafood Ambassador Program

Purpose:

The 4-H Seafood Ambassador Program is designed for education and enhancement of 4-H club members.

Eligibility:

Any bonafide **4-H club member** is eligible for the Seafood Ambassador Program.

Division I - 4th - 6th grade

Division II - 7th - 9th grade

Division III - 10th - 12th grade

Contestants must be 15 years of age by January 1 of the calendar year of the state contest for Seafood Ambassador.

Format:

- A. The Seafood Ambassador Program consists of five categories. Use only one category in your talk.
- 1) Production of commodity
 - 2) Food preparation and nutritive value
 - 3) Food safety practices
 - 4) Processing
 - 5) Marketing

B. SEAFOOD AMBASSADOR CONTEST

Division I - (Grades 4-6) Contestant designs: (a) standard poster 22" X 28" relating to one of five categories listed a above, (b) presents a 2-3 minute explanation of poster subject, (c) responds to questions from judges.

Division II - (Grades 7-9) Contestant designs: (a) standard poster 22" X 28" relating to one of the five categories listed above; (b) members prepare an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject; (c) presents a 2-3 minute explanation of subject; (d) responds to questions from judges.

Division III - (Grades 10-12) Contestant will present 5-8 minute illustrated talk, using posters only, following current guidelines of the national commodity illustrated talk contests. **No dish is required.**