

POLK COUNTY 4-H COUNTY EVENTS DAY

Preparation Booklet



*Demonstrations, Illustrated Talks,
Public Speaking, Share the Fun, Photography,
and Poster Art*



This publication is adapted from the Manatee County 4-H County Events Program Booklet.
Thanks to 4-H agent Dr. Diana Smith. March 2012.

General Information

- ☼ Cloverbuds (ages 5-7) may participate on a non-competitive basis. They will receive feedback and a participation ribbon.
- ☼ Juniors (ages 8-10) Intermediates (ages 11-13), and Seniors (ages 14-18) will be judged using the Danish system of blue, red, and white ribbons.
- ☼ Ages are based on the 4-H member's age as of September 1st.
- ☼ Videos of past blue-ribbon Polk County 4-H members are available at <http://florida4h.org/polk>; click on "4-H Public Speaking."
- ☼ Youth may enter only one speech category (demonstration/illustrated talk or public speaking). However, youth may also participate in photography, design art, and Share-the-Fun. Note page 10 for the different levels of competition.

Age and Time Restrictions

Division	Demonstration or Illustrated Talk	General Public Speaking	Horse Public Speaking	Share the Fun
Cloverbud Ages 5-7	12 minute limit	7 minute limit	7 minute limit	5 minute limit
Junior Ages 8-10	3-12 minutes	3-7 minutes	3-7 minutes	3-5 minutes
Intermediate Ages 11-13	3-12 minutes	3-7 minutes	3-7 minutes	3-5 minutes
Senior Ages 14-18	5-12 minutes	5-7 minutes	8-10 minutes	3-5 minutes

Demonstrations and Illustrated Talks

All blue scoring junior, intermediate, and senior individuals and all blue scoring junior, intermediate, and senior teams from County Events may compete at District Events.



Demonstration: Presentation that includes posters, props, and other visual aids in an informational, "how to" manner with a finished product to show.

Illustrated Talk: An informational presentation that includes the use of posters or slides only.

Individual Demonstration: Presentation is made by one individual.

Team Demonstration: Two individuals equally share verbal and demonstration responsibilities.

Categories for Demonstrations and Illustrated Talks

Animals

Animal Industry: Includes all presentations related to bovine, swine, poultry, rabbits, goats, quail, emu, ostrich and rhea. Topics can include raising and selecting healthy animals, managing feed and health, marketing, managing reproduction and production and harvest of animals for food. Also included is the real world agriculture processing systems relating to converting or using live animals to create food products such as milk, eggs, meat and other products; and wholesale, retail and food service merchandising of animal products. No equine topics.



Small Animals & Pets: Includes all presentations related to dogs, cats, rabbits (not related to meat production), rodent pets, and other pets, including pet facilitated therapy in nursing homes, etc.



Horse: Includes all demonstrations pertaining to horses.

Citizenship and Leadership



Citizenship and Leadership: Includes all presentations related to citizenship, community service programs, global education, leadership development, and workforce preparation and career development. These topics are broad and can include presentations on different cultures and ethnicities, conducting service in your community, the art and science of becoming a leader, and the skills necessary for political participation and starting a business.

Communication and Expressive Arts

Communication & Media Arts: Includes the “topic” of public speaking, American Sign Language and other forms of communication, all phases of photography, graphic arts, computer graphics, video and other current technologies used in communication media.



Leisure & Performing Arts: Includes all aspects of leisure activities and recreation, including cycling, music, clowning, arts & crafts, cake

decorating, floral arranging, wood working and metal crafts.

Family and Consumer Sciences

Childcare & Child Development: Includes all presentations related to the growth, development, personality and character development of children and youth. These topics might include infant development, child development, baby sitting, nuclear families, self-esteem, step-families, family communication, parent-adolescent communication, single-parent families, teen parents, and coping with crises.

Clothing and Sewing: Includes all presentations related to clothing design, selection, buying, care, construction, textiles, accessories, personal appearance, and grooming.

Money Management: Includes all presentations related to comparison shopping, sales approaches, advertising, consumer rights and responsibilities, labeling, credit, money management, banking, investment savings, and time management.



Healthy Living

Food Preparation: Includes all presentations involving preparing foods to eat. Demonstrations should show the steps involved in preparing foods, including food how to safely handle and measure ingredients. In an effort to support current Dietary Guidelines, preparing food items moderately low in fat, sodium, and sugar is recommended. Although safe food handling practices should be used in all demonstrations, presentations that emphasize food safety topics and issues should be entered in the Food Science and Safety Category. There should be a finished product to show at the end.

Food Nutrition, Food Safety, & Food Science: Includes all presentations related to food nutrition, food safety, and food science (new technologies that do not involve food preparation). Suggested topics include nutrient needs, nutrition in the life cycle (e.g., for infants, teens, or the elderly), dietary guidelines, nutrition and fitness/sports, hunger, obesity, food labeling, cultural food patterns, new food science technologies, processing and preservation.



Personal Well-being: Includes all presentations related to keeping fit and healthy that doesn't fit in the Preparing and Creating Foods and

Food Nutrition, Food Safety and Food Science categories. Suggested topics include radon and mold in homes, the need for immunizations, pollution, fitness equipment and human diseases.

Safety: Includes all presentations related to general health education (i.e. coping with stress, first aid, substance abuse, self-help skills, physical fitness, dental care, healthy lifestyles, sex education, immunizations, and prevention of disease). Also includes all presentations dealing with accidental safety hazards including demonstrations in disaster preparedness or home environmental health (i.e. mold, radon or other hazards). This also includes ATV (All-Terrain Vehicle) Safety.

Nature and the Outdoors

Nature & the Outdoors: Includes the areas of energy, environment, soil, earth science, astronomy, waste management, and water quality/conservation. Includes the areas of forestry, marine and aquatic science, wildlife ecology, and entomology (including Wings). Also includes the areas of shooting sports, and sport fishing.

Plants and Gardening



Plants & Gardening: Includes all presentations related to production and marketing of fruits, vegetables, flowers, turf, ornamental, field crops, forage, landscaping, greenhouses, propagation, soils, hanging baskets, bulbs, citrus, and harvesting or processing crops, such as hay or silage. Artistic arrangement demonstrations may also be included here or in Visual Arts.

Science and Technology



Science & Technology: Includes all presentations related to general engineering, bicycle maintenance and mechanical operations, robotics, geospatial, weather and climate, energy, automotive, electronics, aerospace/aviation, and computers. Also, all presentations related to care of, and operation of small engines, and woodworking.

Regardless of the category entered, the following regulations apply:

- No living vertebrates (i.e. fish, amphibians, reptiles, birds, or mammals) may be used.
- Participants must provide all equipment and supplies for their presentations.
- Competitors are responsible for all aspects of their preparations and set-up of their competitions.
- All 4-H members who desire to use Power Point (or a similar program) in their demonstrations/illustrated talks should indicate that on the County Events registration form. Members must send an electronic version of their presentations to the 4-H office one week prior to competition day.
- State 4-H resources and regulations can be found online at: http://florida4h.org/programsandevents/_demotalk.

General 4-H Public Speaking Contest

General Public Speaking: Speech must be original and specifically related to 4-H in a demonstrable manner. The entire speech does not have to feature 4-H, but at some point during the speech, there must be mention of 4-H and its relationship to the material being presented. The speech must also be specifically prepared for, and part of, the 4-H Public Speaking project.



Individual participation only. Visuals, props, and other materials may **not** be used in this contest. Participants will need to bring three copies of their speech (typed, double-spaced, with topic, name, age, date, and county)

Note: The top two winners in each age division (junior, intermediate, and senior) from County Events may compete at District Events. Information can be retrieved from

http://florida4h.org/programsandevents/_publicspeaking/.

Horse Public Speaking: Speech must be original and specifically related to the horse industry in a demonstrable way. Speech must be specifically prepared for, and part of, the 4-H Horse Public Speaking program. All requirements, as set forth in the Florida 4-H Public Speaking project, must be met. The first place senior winner from County Events is eligible to compete at the State Event. First place in the junior and intermediate age divisions from County Events may compete at District Events. Information can be retrieved from <http://animal.ufl.edu/youth/horse/HorseEvents.shtml>.

Share the Fun



This program is designed to help 4-H'ers discover their talents and have opportunities to share those gifts with others. Acts may be an individual or group. Groups are within the same age division and with a maximum of five members.

Participants may enter one of the following categories:

- ☘ **Instrumental:** musical instruments of all descriptions
- ☘ **Vocal:** singing numbers
- ☘ **Dance:** all dance, baton, and acrobatic routines
- ☘ **Dramatic and Novelty:** skits, stunts, pantomimes, monologues, puppetry, ventriloquism, impersonations, and the like
- ☘ **General:** acts which include two or more of the above categories

The top two acts in each age division (junior, intermediate, and senior) may compete at District Events. The top senior act from District Events will go on to State. *Note: Staff reserves the right to require accompaniment music and/or garment change if they are in poor taste for 4-H audiences. If in doubt, contact the 4-H office ahead of time. Participants should bring their own equipment. Contact the 4-H office to check the availability and compatibility of the facility sound system and equipment prior to the competition day. (Microphones with stands are available.)* Additional information can be found online at

[http://florida4h.org/programsandevents /sharethefun/](http://florida4h.org/programsandevents/sharethefun/).

Non-Competitive: If a group act consists of youth from different age divisions, they can enter as non-competitive and will receive participation ribbons. These acts will typically go last or during the intermission prior to the Awards Ceremony.

Fashion Revue

While this is no longer a category for district or state competition, youth may enter as non-competitive and will receive participation ribbons. Only one entry per youth from one of three categories: personally sewn, re-purposed, or 1st year sewer. This will feature only the modeling section to take place after Share-the-Fun or during the intermission prior to the Awards Ceremony. Youth must submit a comment card describing their piece in 3-5 sentences (cost, fabric, style, workmanship, etc.) with registration. Online resources are available at

[http://florida4h.org/programsandevents /clothing/](http://florida4h.org/programsandevents/clothing/)



Graphic Design Contest

This contest gives 4-H members an opportunity to use their creativity and artistic ability to promote their project areas or 4-H program.

- ☼ This is an individual event. Entries must be completed by the 4-H member within the current 4-H year.
- ☼ Youth may only submit one entry. Classes include: brochure, flyer, PowerPoint presentation, or other promotional item.
- ☼ Photos will be submitted electronically two weeks prior to the competition day (emailed to the 4-H office). CD's and hand drawn entries will not be accepted.
- ☼ Entry must be saved as a pdf file, with the exemption of the PowerPoint entries. All files should be saved as follows: **Last Name, First Name_ County_ Age division_ Class.** (ex: Clover,Johnny_Lake County_Senior_ Brochure)
- ☼ All blue ribbon photos will be submitted directly to the state competition by the county 4-H office. Previous Best of Show State level winners are eligible to compete again but not in the same photo class.
- ☼ Graphics become the property of Florida 4-H upon entry and may be used for promotional purposes by Florida 4-H.
- ☼ 4-H reserves the right to refuse inappropriate or unsuitable entries. Use of copyrighted or protected characters or logos is prohibited. Regulations, class descriptions, and other resources can be found online at http://florida4h.org/programsandevents_/poster/.

4-H Photography Exhibit

- ☼ All photographs must have been taken by 4-H member within the current 4-H year.
- ☼ A 4-H'er may submit up to five entries. However, each entry must be in a different class. Classes include: People, Animals, Plant/Flora, Scenic, Architectural Elements, Still Life, Hat Tricks and Magic, Photo Story (3-5 photos), Black and White, and 4-H Theme
- ☼ Photos will be submitted electronically two weeks prior to the competition day (emailed to the 4-H office). CD's and printed photos will not be accepted.
- ☼ A completed 4-H Photo Contest Label/Release Form must be submitted for each photo, preferably electronically.
- ☼ **Photo files and releases must be labeled in the following format: Age Division_ Photo Class_ Name of 4-H Youth_ Photo Title.**



- ❁ All blue ribbon photos will be submitted directly to the state competition by the county 4-H office.
- ❁ Previous Best of Show State level winners are eligible to compete again but not in the same photo class.
- ❁ 4-H reserves the right to refuse inappropriate or unsuitable entries. Photograph must NOT be offensive, degrading, racists, or contain pornography of any form.
- ❁ Although slight computer enhanced photos are allowed, such as crop, trimming, adjusting lighting, and red eye reduction; substantially altered photography, such as changing colors or applying design styles, using computer graphics will be disqualified.

Regulations and resources can be found online at

http://florida4h.org/programsandevents/_photo/.



Reasons to Participate

- *Shows your knowledge and mastery of a certain topic.
- *Builds and improves your self-esteem.
- *Improves your public speaking skills.
- *Improves your leadership skills.
- *Opens doors to more 4-H opportunities.
- *Opens doors to educational scholarships and other learning opportunities.
- *Prepares you for job interviews and the workforce.
- *Follows the 4-H Standards of Excellence.

How to Begin...

- *Start with an idea for a topic that YOU enjoy or want to learn more about.
- *Make sure the topic is interesting and specific.
- *Gather your facts from 4-H materials, reliable Internet-based references, the library, and others who know about your topic. Be sure to keep a record of where you found your information.

Parts of a Demonstration

1. **Introduction** - Tell the audience what you will be telling them.
 2. **Body** - Tell the audience.
 3. **Conclusion** - Recap what you told the audience.
- * Start by getting the audience's attention with a catchy phrase, a question, a song-be creative! Say something that will make them want to listen to you. Be sure to tell the audience your name, 4-H club, years in 4-H, and topic.

*Use your conclusion to restate the main points of your demonstration and identify or list your references and sources of information.

* **Don't forget that judges ask questions at the end of demonstrations and illustrated talks, but not in the Public Speaking Contest.** If asked a question, repeat it so that the entire audience know how you are answering.

*Remember, tell the audience what you will be telling them.

Tell the audience.

Recap what you told the audience.

Practice, practice, and practice some more.

Have fun!!!



Visual Aids are Your Key to Success

*Suggestion: use white poster board with black or blue lettering (other colors may be difficult to read; bright or neon colored poster board is not as eye-catching as white with dark letters).

*Use large posters with lettering large enough to be seen (and read) from the back of the room.

*Use short phrases or words; avoid lots of wording on your posters or slides.

*Keep your lettering and entire poster **very neat!**

*Store and carry your posters flat. If you roll them, they won't sit on the easel properly. Laminate your posters for safekeeping.

*Number your posters on the back so you can keep them in order.

TIP ALERT Put the first poster you will use at the front of the stack and then put the posters in reverse order. During your demonstration, pull each new poster from the back of the pile. (Example: If you have 5 posters you will be using, place number 1 at the front followed by number 5, 4, 3, and 2. When you finish with poster 1, pull number 2 from the back and place it in front of the poster you finished. Continue with the remaining posters).

Props Need Attention Too

*Have everything clean and ready to use. Take your time to set up before you begin your demonstration.

*Arrange items in the order of their use so you don't have to hunt around the table during your demonstration.

*Cover name brands so that particular products are not advertised.

*Practice your demonstration from beginning to end, using all your visual aids (poster and props).

*Make sure you have something to talk about while using props. Don't stand and mix ingredients or assemble an object without an accompanying dialogue of information about your topic. Silence is NOT golden during a public presentation.

What You Look Like Matters, Too

*Dress appropriately for your topic. Western wear is okay if doing a livestock presentation, or an apron for a foods/cooking demonstration.

*Avoid wearing t-shirts, jeans, and flip flops. 4-H green is **always** proper.

How to Practice

*Have someone time you (check page 2 for age and time restrictions).

*If you tend to speak faster when nervous, then think about slowing down.

*Practice often. Do the real thing, don't just think about it.

*Always use your best voice; don't mumble or skip through sections.

*Keep your voice happy and avoid being monotone. Show enthusiasm!

*Practice in front of a mirror. This will give you feedback about your body language.

✿ **Stand squarely** on your feet. Don't rock back and forth or shift weight needlessly.

✿ Maintain **eye contact** with your audience.

✿ Speak **clearly** and **slowly**.

✿ Have **smooth motions** when working with posters or props.

*If you make a mistake or forget a section, STOP. Pause. Take a breath, and jump ahead to another section of your presentation where you are more comfortable.

*If an audience makes you nervous, practice using your pets or stuffed animals as your audience. They won't give feedback, make faces, or mimic your words! However, eventually, you'll need to practice in front of your 4-H leader, parents, grandparents, or friends.

Note Cards Can Be Used

*But practice so often that you only need to glance at them occasionally, keeping your eyes on the audience most of the time.

*You can memorize your presentation, but keep it natural and relaxed.

*If you have big words or words that are difficult to pronounce, try to find another word or phrase that suits you better, but still says the same thing.

Computer-Generated Presentation

This replaces posters. Observe the 6x6 rule (no more than six words per line or six lines per slide); limit animation and sounds; choose appropriate background color for contrast; and be sure the slides are readable. For more tips, please visit: <http://edis.ifas.ufl.edu/fe713>. For more general information on public speaking, visit: <http://edis.ifas.ufl.edu/wc023>. The use of a computer-generated presentation must be indicated on the County Events registration. Members must send an electronic version of their presentations to the 4-H office one week prior to the competition day.

Advancement to the Different Levels of Competition

Youth may only present one speech either in the Demonstration/Illustrated Talk or Public Speaking Division. However, youth may also participate in Share the Fun, Photography, and Poster Art. All blue award winners in Photography and Poster Art do not go to the district level but straight to the state competition. All blue award winners in demonstrations/illustrated talks advance to District Events. For General Public Speaking and Share the Fun, the top two winners in each age division (junior, intermediate, and senior) may advance to District Events. At the county level, participation in a speech category and Share the Fun act is allowed, however, youth can only advance in one division. Youth should indicate which contest he or she prefers to advance in if he or she places in both a speech category (blue ribbon) and Share-the-Fun (top two acts). District Events is typically held on the first Saturday in May and rotates among participating counties (Hillsborough, Manatee, Sarasota, Pasco, Pinellas, and Polk). Each presentation (i.e. demonstration, illustrated talk, Share-the-Fun activity, speech, etc.) will be the same from district level to state level. A 4-H'er should improve on his/her activity but it must remain basically the same.

UF/IFAS Extension Polk County 1702 HWY 17 S. Bartow, FL 33831

*Check-in will take place in the meeting room hallway.

*Refreshments are provided after the contest followed by the Awards Ceremony in the Stuart Center.

Local Map

