

DEMONSTRATIONS and GUIDELINES FOR 2009

The county Demonstration will be held **Saturday, March 14th** at the Hancock County Cooperative Extension Office. (Time will be determined based on the number of registrants.)

GUIDELINES & OTHER DETAILS: PLEASE READ CAREFULLY!!

1. In a Demonstration a 4-H'er shows how to do something, while telling how it's done. (If the member gives information about a subject and uses visuals to explain, then the method becomes an *Illustrated Talk*.) Please be sure that your 4-H'ers are prepared to give a demonstration. A demo is a "show how" and "tell how" presentation. No illustrated talks please.
- **Please note clarification of age requirements**
2. 4-H'ers who are at least age 9 and who have not turned 14 before January 1, 2009 are eligible to compete in Demonstrations.
3. The Cloverbuds (ages 5-8) may participate in club demonstrations for the experience. They may participate in the county demonstration if the club leader feels they are comfortable enough to show to a larger audience. They will not be judged but they will receive helpful hints and gain much from the experience. Cloverbuds will receive participation ribbons.
4. 4-H members compete in a club demonstration tournament in January or February. Each club then selects delegates to send to the county Demonstration. **Club level demonstrations results must be given to the Extension Office by Friday, Feb. 20th**. (Include each child's name, age, your club name, and title of demonstration.) Your number of delegates is based on the number of children between ages 9-14 in your club. Each club should choose an alternate.

If your club has:

1-12 members, age 9-14

13-16 members, age 9-14

17-20 members, age 9-14

21-34 members, age 9-14

You can send:

4 delegates

5 delegates

6 delegates

7 delegates

5. INDEPENDENT 4-H'ERS: See if you can connect with a local club to do your demonstrations. If not, call the Extension Office at 667-8212 or 1-800-287-1479.
6. INFORMATION ON GIVING DEMONSTRATIONS: If you need information on giving demonstrations, call the Extension office.
7. Judges score sheets, instructions and ribbons will be available at the Extension office for use in your club competitions.

8. 4-H'ers who give a club demonstration but are not selected for the county Demonstration should be awarded a ribbon at the club tournament. **If your club will need ribbons, call Joyce at the Extension office.** At the county Demonstration, trophies or ribbons will be awarded.
9. Demonstrations should be 3-5 minutes in length. There will be a time keeper. If the demonstration runs over 5 minutes, you will only receive one point for "Practical and Timely" section on the score sheet. The chairman, Methel Wilbur, has the right to stop a demonstration that has exceeded the time limit.
10. **A POSTER to accompany the demonstration is required.** It must be done by a 4-H'er and must be white, size 14" x 22", with **bold** black letters. It should simply state the ingredients and/or supplies needed. (The 4-H'er may also have a Title poster, which must be on white, but may use color, cut outs or drawings to enhance the page. It is suggested that if you choose to include a title poster, simply put it on the back side of the required poster.)
11. For cooking demos the following should be observed:
 - Wear apron, boys should have towel in belt loop
 - Hair should be held back by a net or tie
 - State that hands have been washed
 - Keep area tidy. Move unused items to the left or right of your work area.
 - No brand names
 - Never lick fingers or spoons
 - Food in neat, marked look-alike containers
 - Suggest you use a clear mixing bowl & wooden spoon
 - Clean off work area then display finished product
 - Finished product should be of quality
 - Should show that you know how to measure a dry and a liquid ingredient

Guidelines, judging sheets, and a short demonstration video are on our county website:

<http://www.umaine.edu/umext/hancock/4-H/resources.htm>

If you have any questions, please contact the Extension Office.



Jen Loble
4-H Youth Development Extension Educator
Hancock and Washington Counties