

2016 District 10 4-H Fall Round-Up Guide



**December 1-3, 2016
Kerrville, TX**

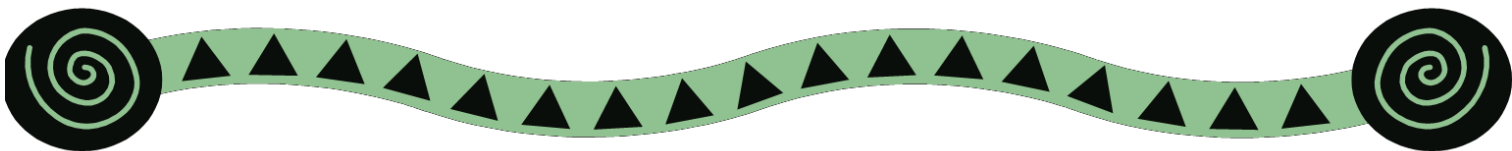


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Fall Round-Up Schedule

Thursday, December 1, 2016

3:00 pm Food Show

Friday, December 2, 2016

8:15 am Food Challenge

1:00 pm Beef and Horse Quiz Bowls

**2:00 pm AG Product ID Workshop
Healthy Lifestyles Workshop**

3:00 pm Nutrition Quiz Bowl

Saturday, December 3, 2016

9:00 am Public Speaking

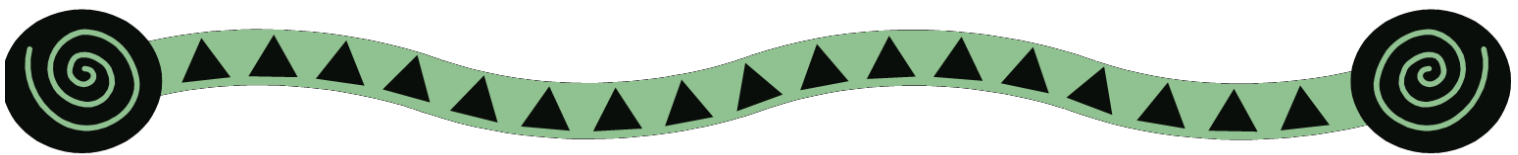
**10:00 am Photography Judging Workshop
Skill-A-Thon Workshop**

11:00 am Entomology

1:00 pm Leaders 4 Life



General Rules



General Rules

AGE DIVISIONS:

There will be three age divisions. Divisions for all District Contests are determined as the age as of August 31, 2016. The age divisions are as follows (except for Leaders 4 Life and Smallbore Rifle):

- Juniors – 3rd Grade (and 8 years old) – 5th Grade
- Intermediates – 6th – 8th Grade
- Seniors – 9th- 12th Grade (has not surpassed their 18th birthday as of August 31, 2016)

Age Divisions for **Leaders 4 Life** are as follows:

- Junior/Intermediate – 3rd Grade (and 8 years old) – 8th Grade
- Seniors – 9th-12 Grade (has not surpassed their 18th birthday as of August 31, 2016)

Smallbore Rifle age divisions will be in the Spring Round-Up Guide.

Juniors may move up to the Intermediate age division when participating on a team that has true intermediates (based on grades listed above) on it. No one may move up to the Senior age division.

REGISTRATION:

Registration will be conducted on 4-H Connect. Each member of a team will be required to register themselves.

Cost of Registration:

- \$10 per contest entered. For example if entering Food Show, Food Challenge, and Nutrition Quiz Bowl it will cost \$30 total.

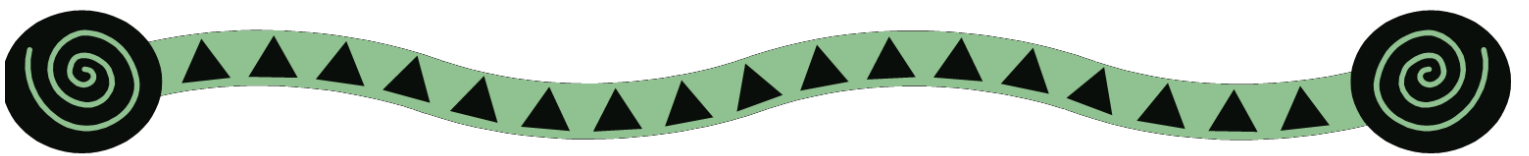
Registration Period:

- **Regular Registration will be open on 4-H Connect October 24-November 3, 2016.**
- Late Registration will be from November 4, 2016 ONLY for an additional \$25 fee.

No refunds will be given for any District Contest Registration.



Food Show Packet



4-H Volunteer Members for the District 10 4-H Food Show Awards Program

Each county can only submit one name plus one alternate to represent their county on the program. Fill out form and return it to the Bexar County Office by **October 29, 2016.** Selections will be made and 4-H'ers will be notified **by e-mail.**

Circle the part you would like to help with:

Presiding	Explanation of Project Development
Motto and Pledge	Committee
Welcome	Presentation of Awards
Introduction of Guests	Presentation of Winners
Food and Nutrition Program and	Closing Comments
Objectives	Usher

Name: _____

Telephone _____ Age _____

County _____ Email _____

Alternate Name: _____

Telephone (_____) _____ Age _____

County _____ Email _____

Fax (or email) to the Bexar County Office by October 29, 2016
FAX #: (210)631-0429.

Agent Signature:

Materials for Contestants

2016-2017 District Food Show

MEMO TO: Food Show Contestants and Parents
SUBJECT: District 10 4-H Food Show
WHEN: Thursday, December 1, 2016
WHERE: Hill Country Youth Center in Kerrville, TX
3785 Highway 27
Kerrville, TX 78028

SCHEDULE:

2:00 p.m. Agents arrive and set up registration, etc.
3:15 p.m. Judges and Group Leader Orientation
3:00 p.m. Registration and Prep Area are open to contestants and parents
3:30 p.m. Orientation for Contestants
3:45 p.m. Food Show Judging Begins
5:45 p.m. Presentation of awards (approximate time)

REGISTRATION:

Registration will be conducted on 4-H Connect. The registration fee will be \$10. **Registration will be open on 4-H Connect October 24-November 3, 2016.** Late Registration will be from November 4, 2016 ONLY for an additional \$25 fee. No refunds will be given for Food Show.

Participants must pay using a credit card.

Food Show Record Form for Juniors/Intermediates and **Senior State Food Show Forms** are due to the Bexar County Extension Office by Tuesday, November 1st, 2016

Seniors: 4-H'ers who have won 1st place at the State Food Show in any category, are eligible to participate in any category at State Food Show or District Food Show.

RULES:

We will follow the 2017 State 4-H Food Show rules **except** where noted in the District Rules Section of this letter. The 2017 State 4-H Food Show Packet will be available on the web at: http://fcs.tamu.edu/food_and_nutrition/pdf/2015-4H-state-food-show-guidelines.pdf

DISTRICT RULES:

The State and District Food Show theme for 2016-2017 is “**Family Favorites**”.

“Family Favorites” can be any dish that families enjoy made in a more healthy way. The theme could also be used to teach the importance of family meal times. Some 4-H members might consider their family heritage and focus on a dish that represents this. Obviously, there are many ways to have fun and creative with this theme!

Seniors: 4-H’ers who have won 1st place at the State Food Show in any category, are eligible to participate in any category at State Food Show or District Food Show.

Senior Age Division:

Seniors will be required to bring their entire dish to the District Contest and will need to serve it to the judges.



Senior time breakdown will be as follows:

- Four (4) minutes for presentation
- Four (4) minutes for questions from judges
- One (1) minute to serve dish to the judges

Junior/Intermediate Age Divisions:

Juniors and Intermediates will have five (5) minutes to be interviewed by the judges.

REQUIRED PAPERWORK FOR DISTRICT FOOD SHOW:

Junior and Intermediate 4-H members only entering the Food Show will be required to complete the District 10 4-H Food Show Record Form. The paperwork must be received by the Bexar County Extension Office by November 1st, 2016 (only ONE COPY is required to be turned in).

Senior 4-H members will be required to complete the State Food Show paperwork. One copy of the Senior Food Show Paperwork is **due in the Bexar County Extension Office by Tuesday, November 1st, 2016.**

WHAT TO BRING – CONTESTANTS:

The following items are what each contestant (Juniors and Intermediates) will be required to bring to the District Food Show.

- Single serving of your recipe on a disposable OR non-disposable dish/plate.
- Use edible garnishes only for your dish

WHAT NOT TO BRING – CONTESTANTS:

- No decorations are allowed
- Heating tray, chafing dish, electrical appliances, or open flame of any kind

RECIPE SELECTION

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation.

Protein - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

- EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

Fruit and Vegetable - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.

- EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

Grains - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

- EX: Quick, yeast, bread mixes, rice, pasta

Dairy - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

- EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

INGREDIENTS:

No alcohol or alcohol-containing ingredients can be used.

We look forward to seeing you on December 1st. Good Luck!

Sincerely,

Angie Gutierrez
County Extension Agent

**2016-2017 DISTRICT 10 4-H FOOD SHOW RECORD FORM
FOR JUNIORS & INTERMEDIATES**

Age Division: (Circle One):

Junior

Intermediate

Food Show Category (Check One):

Protein
 Grains

Fruits & Vegetables
 Dairy

Name: _____

Age (as of Aug. 31, 2016): _____

Address: _____

District: _____ 10 _____

City, _____ Town, _____ Zip _____

Years in 4-H: _____

County: _____

Years in project: _____

Birth Date: _____

Grade: _____

(Attach an additional sheet if necessary to complete your recipe)

RECIPE

**Please Summarize your Food and Nutrition Project Experiences
(250 words or less in no less than 11 point font)**

I certify that the above information is true and correct and completed during the current project year.

Contestant Signature: _____ **Date:** _____

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____ **Date:** _____

2016-2017 District 10 4-H Food Show Questions

Suggested Questions – Juniors and Intermediates

1. What are the food groups included in **My Plate**? What portion does each group take up?
2. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
3. What are the **preparation steps** in your recipe and why are they important?
4. What did you learn about **food safety** in your foods & nutrition project?
5. Tell me about one of the ingredients in your dish and why it is important in your recipe?
(Function of ingredients)
6. What have you learned in your foods project about **healthy eating**?
7. Give one example of a food from each **My Plate** section.
8. Other than **My Plate**, what should you consider when **planning a meal**?
9. What did you learned in your **foods and nutrition project** that you thought was most important in Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?

Give one example of how you brought the theme “**Family Favorites**” with your dish

District 10 4-H Food Show Scorecard

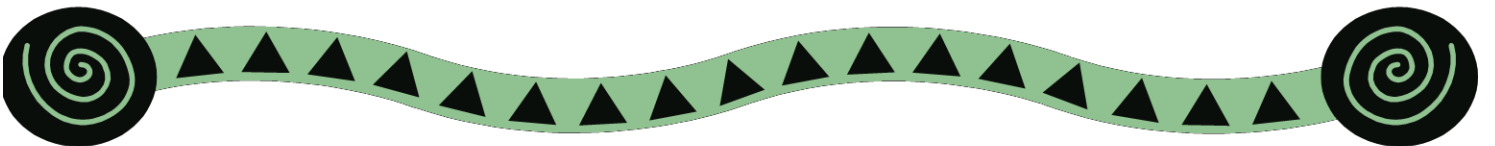
N-----
 ENTRY CATEGORY: Protein ___Fruit & Vegetable Grains ___Dairy Jr Int Sr

County

	Rating				Comments	Points
	Outstanding	Good	Fair	:NHds Implementation		
I. THE INTERVIEW						
Knowledge of MyPlate: Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines						20
Nutrient Knowledge: Knows what this dish contributes to the diet						15
Food Preparation: Knows the key steps in preparation of dish and function of ingredients						15
Food Presentation/Quality: Appearance of food (texture, uniformity) Garnishing						10
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish						10
4-H Food and Nutrition Project Activities: Community service, leadership, workshops						10
Effectiveness of Communication: Voice Poise Personal Appearance						10
II. PAPERWORK						
Complete Recipe						5
Summary of Experiences						5
ADDITIONAL COMMENTS						



Food Challenge Packet



MEMO TO: BEXAR COUNTY FOOD CHALLENGE PARTICIPANTS

SUBJECT: DISTRICT 10 4-H FOOD CHALLENGE – December 2, 2016
 Hill Country Youth Event Center in Kerrville, TX
 3785 Highway 27, Kerrville, TX 78028

FROM: Angie Gutierrez
CEA

Congratulations on advancing to the District 10 4-H Food Challenge! We are excited about this new contest and hope you and your teams are ready to face off against other teams to find out who the Food Challenge champions will be! Please review this letter carefully for details about the District Food Challenge.

Tentative Schedule: (subject to change depending on number of entries)

December 2, 2016

Time	
7:45	Agents/Committee Arrive
8:15	Food Challenge Judges Arrive
8:15	All contestants arrive and check boxes
8:45	Judges & Group Leader Orientation
9:00	Contestant Orientation
9:30	Contest Heat Begins
10:15	Contest Heat Ends
10:20	Judging Begins
12:30	Awards program *** subject to change depending on tabulation

Note: Lunch will not be provided

There will be four food categories in each age division at the District Contest: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

County Team Entries:

Each county may have 2 junior, 2 intermediate, and 2 senior teams) at the District Food Challenge.

Contest Registration:

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be \$10 per team member and will cover contest food and supplies, insurance, and awards. **Registration will be open on 4-H Connect October 24-November 3, 2016.** Late Registration will be from November 4, 2016 ONLY for an additional \$25 fee. No refunds will be given for Food Challenge. A substitution may be made if someone decides not to go or is ineligible.

Contest Rules & Guidelines:

County teams will need to review the Texas 4-H Food Challenge Manual for all of the contest rules and guidelines.

Please make sure that teams understand the following details for the District Contest:

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
 - **Please review supply lists attached. There are now 3 different ones based on age division. This was done to cut back on the electricity usage at the facility as well as help new teams get started.**
- **Teams may NOT SHARE supply boxes**
- Teams will be provided the following items at the contest:
 - Food ingredients
 - The recipe ingredient list with nutrition information, the food category and a clue about their recipe
 - Copy of the Food Challenge Worksheet
 - Notebook with the printed resources (reference food challenge manual)
 - Grocery Store Receipts

Attached is the map to the **Hill Country Youth Event Center in Kerrville, TX** for your reference as you travel to the Food Challenge!

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

First aid kit

Fork

Gloves

Grater

Hand sanitizer

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons (1 set)

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

SENIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Liquid measuring cup
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Measuring spoons (1 set)
Calculator	Non-stick cooking spray
Can Opener	Note cards (1 package - no larger than 5 X 7)
Cookie sheet	Paper towels (1 roll)
Colander	Pancake turner
Cutting Boards (2)	Pencils (no limit)
Disposable tasting spoons (no limit)	Plastic box or trash bag for dirty equipment
Dry measuring cups (1 set)	Pot with lid
Electric Skillet	Potato masher
Extension cord <i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Potato peeler
First aid kit	Sanitizing wipes (1 container)
Food thermometer	Serving platter
Fork	Serving utensil
Gloves	Skewers (1 set)
Grater	Skillet with lid
Hand sanitizer	Spatula
Hot pads (up to 5)	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
Kitchen timer	Tongs
Knives (2)	Two single-burner hot plates OR one double-burner plate (electric only!)
	Whisk

Food Challenge Awards Program Volunteer Form

Each county can only submit one name plus one alternate to represent their county on the program. **These youth must be senior 4-H members.** If you have a 4-H member serving as an officer or as a member on the Family & Consumer Sciences Project Committee, list them in the first slot. **Fill out form and e-mail it to Angie by November 1st, 2016 at aogutierrez@ag.tamu.edu.**

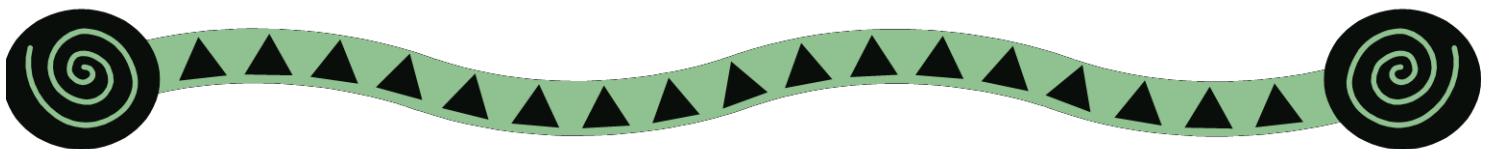
Please mark the duties below that the 4-H'er would be willing to do at the awards program.

	Master/Mistress of Ceremonies		Pledges		Welcome
	Introduction of Guests		Food Challenge Objectives		
	Assist with Awards		Closing Comments		

Name	
Address	
City, Zip Code	
Phone Number	
e-mail Address	
Is this 4-H'er an officer in the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is this 4-H'er a member of the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternate	
Name	
Address	
City, Zip Code	
Phone Number	
e-mail Address	
Is this 4-H'er an officer in the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is this 4-H'er a member of the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No



Beef & Horse Quiz Bowl Packet



Texas 4-H & Youth Development
District 10 4-H Program



SUBJECT: 2016-2017 Beef and Horse Quiz Bowls

DATE: Friday, December 2, 2016

LOCATION: Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028

SCHEDULE:

12:30 pm Registration Opens
1:00 pm Orientation for Contestants
1:15 pm Quiz Bowls Begin

Presentation of awards immediately following the completion of the contest

ENTRIES:

Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest

CONTEST RESOURCES:

General Quiz Bowl

- **Texas 4-H Quiz Bowl Guide – to be added when website is updated**
- **Texas 4-H Quiz Bowl Score Sheet - <http://texas4-h.tamu.edu/wp-content/uploads/Quiz-Bowl-Score-Sheet.pdf>**

Beef Quiz Bowl

- **Texas 4-H Beef Quiz Bowl Supplement** – this includes the list of resources that questions can be pulled from. http://texas4-h.tamu.edu/wp-content/uploads/texas4h_quiz_bowl_beefsupplement_03_14.pdf
- **Beef Quiz Bowl Sample Questions** - http://texas4-h.tamu.edu/wp-content/uploads/texas4h_quiz_bowl_beefquestions_03_14.pdf

Horse Quiz Bowl

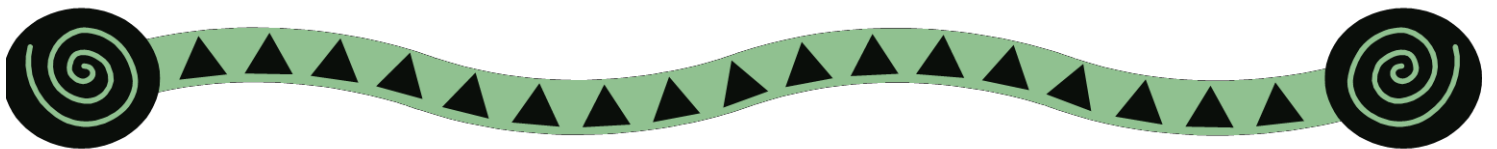
- **Texas 4-H Horse Quiz Bowl Supplement** – this includes the list of resources that questions can be pulled from. http://texas4-h.tamu.edu/wp-content/uploads/texas4h_quiz_bowl_horsesupplement.pdf

ADDITIONAL CONTEST RULES:

1. Senior 4-H members must participate in District to qualify for State.
2. All teams members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district “all star” team(s) is not allowed.**
3. PRIOR COMPETITION: 4-H members are **eligible** to enter a contest in which they have previously been part of a **first place entry** at State. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again at State.



Nutrition Quiz Bowl Packet



SUBJECT: 2016-2017 NUTRITION QUIZ BOWL CONTEST

DATE: Friday, December 2, 2016

LOCATION: Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028

SCHEDULE:

2:00 pm Registration Opens

2:45 pm Orientation for Contestants

3:00 pm NQB Begins

Presentation of awards immediately following the completion of the contest

ENTRIES:

Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest

DISTRICT CONTEST RESOURCES:

This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and nutrition and health. This contest will follow the rules and procedures listed in the Texas 4-H Quiz Bowl Study Guide, 4-H 3-2.030. The State 4-H Food & Nutrition Quiz Bowl Study Guide should be utilized for support information. These documents will be released by the beginning of September and will be posted at this website. If there are significant changes from the State FDRM unit related to NQB, we will update this letter and re-send to the counties after we receive the information. <http://fcs.tamu.edu/food-and-nutrition/4-h-youth-food-and-nutrition/> - click under 2017 State 4-H Food & Nutrition Quiz Bowl Study Guide (PDF).

Official references by age group include:

Juniors

→ Safe Home Food Storage (Texas AgriLife Extension publication B-5031, rev. 8/02)

→ Nutrient Needs at a Glance (Texas AgriLife Extension publication E-589, rev. 7/11)

→ USDA My Plate

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Focus on these tip sheets:

Choose MyPlate

Add more Vegetables to Your Day

Focus on Fruits

Make Half Your Grains Whole

Be Food Safe

Got Dairy Today?

With Protein Foods, Variety is Key

Healthy Eating for Vegetarians

Salt and Sodium

<http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf>

→ Dietary Guidelines for Americans Executive Summary (DGA):

https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf

Intermediates

→ *All Junior References* PLUS

→ AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11th edition

→ ADA Complete Food and Nutrition Guide, 4th Edition – Pages 1-51

Seniors

→ *All Junior and Intermediate Resources* PLUS

→ ADA Complete Food and Nutrition Guide, 4th Edition – Entire book

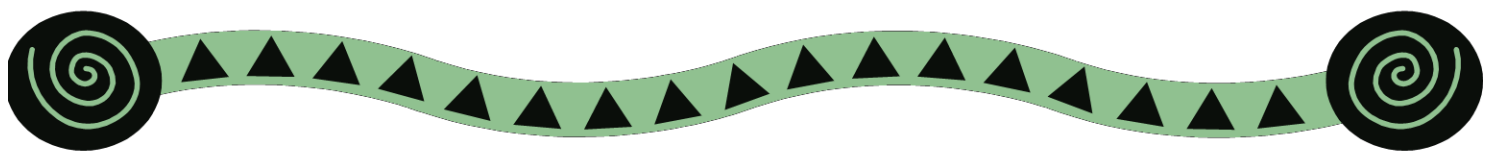
ADDITIONAL CONTEST RULES:

1. Senior 4-H members must participate in District to qualify for State.
2. All team members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district “all star” team(s) is not allowed.**

3. PRIOR COMPETITION: 4-H members are **eligible** to enter a contest in which they have previously been part of a **first place entry** at State. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again at State.



Public Speaking Packet



SUBJECT: 2016-2017 DISTRICT 10 4-H Public Speaking Contest

LOCATION: Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028

REGISTRATION: Regular Registration: October 24-November 3, 2016
Late Registration: November 4, 2016 ONLY

PAPERWORK and JUDGES FORM DUE IN THE DISTRICT OFFICE ON November 7, 2016

SCHEDULE FOR THE DAY:

8:00 am	Agents Meeting & Set up contest rooms, registration, etc.
8:15 am	Judges Registration
8:30 am	Judges Orientation
8:30-9:00 am	Registration for all Round-Up Participants
9:00 am	Contestant Orientation
9:30 am	Contests Begin in assigned locations with Awards

District Public Speaking Rules and Information

District Public Speaking Rules and Information

DISTRICT REGISTRATION:

Regular Registration: **October 24 – November 3, 2016 on 4-H Connect**
Late Registration: **November 4, 2016 ONLY on 4-H Connect**

**The registration fee will be \$10.00 per event entered/per child.
A \$25 Late Fee will be added to all those who register
November 4, 2016 bringing registration to a total of \$35 if late.**

VOLUNTEERS TO JUDGE ROUNDUP CONTESTS:

Each county is asked to send at least 1 judge. District Roundup Contests will need volunteers to serve as judges and assist with other contests. Please let us know if you are interested in judging at the District contests by filling out the Judge/Helpers form enclosed.

Map to Our Lady of the Hills School is attached.

PUBLIC SPEAKING RULES:

1. Public Speaking is an individual contest. No team entries.
2. No props, visual aids, or audio/video recordings are permitted.
3. Time limit for public speaking presentations is 5-7 minutes.
4. Topic should relate to current events related to youth.
5. Counties may enter as many Junior, Intermediate and Senior entries in public speaking as they wish.

Public Speaking Rules and Score Sheets can be found at: <http://texas4-h.tamu.edu/projects/public-speaking/>

District Roundup Contest Information

Letter to Participants

**Score Cards for
Public Speaking**

Dear 4-H Member:

Congratulations! We are pleased that you will represent your county at the District 10 4-H Public Speaking Contest. Public Speaking will be held on Saturday December 3, 2016 at Our Lady of the Hills School, 235 Peterson Farm Road, Kerrville, TX 78028.

Below is a schedule for the day.

8:00 am	Agents Meeting & Set up contest rooms, registration, etc.
8:15 am	Judges Registration
8:30 am	Judges Orientation
8:30-9:00 am	Registration for all Round-Up Participants
9:00 am	Contestant Orientation
9:30 am	Contests Begin in assigned locations with Awards

Good luck! Remember to do your best, learn from others and have fun.

Sincerely,

County Extension Agent

County Extension Agent



SCORE SHEET FOR PUBLIC SPEAKING

Name: _____ Coun : _____
 Age Division: Junior Intermediate Senior
 Presentation Title: _____
 Time (5-7 minutes) Start Time: _____ End Time: _____ Elapsed Time: _____

Scores will be cut off before being returned

Judges' Comments

Factors for Scoring

1: .2
 15
 0
 15
 0
 15
 0
 15
 0

Composition and Organization (40 points)

- 1. Introduction
 - a. Attention of audience gained 1 2 3 4 5
 - b. Importance of subject established 1 2 3 4 5
 - c. Purpose clearly stated 1 2 3 4 5
- 2. Body
 - a. One central theme 1 2 3 4 5
 - b. Information accurate-source given 1 2 3 4 5
 - c. Information current 1 2 3 4 5
 - d. Logical sequence 1 2 3 4 5
- 3. Summary
 - a. Major points emphasized 1 2 3 4 5

Delivery (60 points)

- 4. Appearance
 - a. Grooming and dress 1 2 3 4 5
 - b. Poise and posture 1 2 3 4 5
- 5. Voice clear and understood 1 2 3 4 5
- 6. Appropriate vocal dynamics 1 2 3 4 5
- 7. Correct use of grammar 1 2 3 4 5
- 8. Eye contact with audience 1 2 3 4 5
- 9. Appropriate use of gestures/body language 1 2 3 4 5
- 10. Uniqueness of presentation 1 2 3 4 5
- 11. Audience appeal 1 2 3 4 5
- 12. Educational value 1 2 3 4 5
- 13. Questions
 - a. Accuracy of answers 1 2 3 4 5
 - b. Poise and self-confidence 1 2 3 4 5

Total Score (Max 100 points) 1 _____

Overtime Penal (2 points per 1/2 minute) 1 _____

FINAL SCORE 1 _____

Judge's Initials 1 _____

2016-2017 District 10 Public Speaking Judge's / Helpers List

DUE TO BEXAR COUNTY OFFICE: November 1st, 2016

FAX TO: 210/631-0429 OR

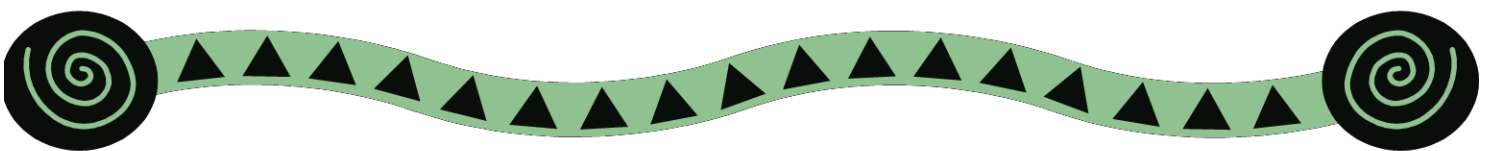
E-MAIL TO: Angie at aogutierrez@ag.tamu.edu

County: _____ Agent Submitting Information: _____

Name	
Address	
City, Zip Code	
Phone	
E-mail	
Name	
Address	
City, Zip Code	
Phone	
E-mail	
Name	
Address	
City, Zip Code	
Phone	
E-mail	



Entomology Judging Packet





MEMORANDUM

SUBJECT: 2016-2017 District 10 4-H Entomology Judging Contest

DATE: Saturday, December 3, 2016 – Entomology Judging
Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028

REGISTRATION: **Registration on 4-H Connect as follows:**

- Regular Registration: October 24 - November 3, 2016
- Late Registration: November 4, 2016 ONLY

COST: **Regular Registration: \$10 per individual**

LATE Registration: \$35.00 per individual

*****This is the regular registration cost plus a \$25 late fee*****

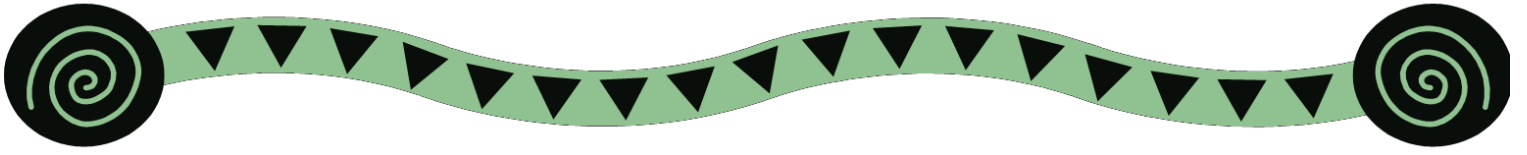
AGE DIVISIONS: There will be three age divisions for all Judging Contests. Age division is determined by the 4-H'ers birthday as of August 31, 2016.

- Juniors – 3rd Grade (and 8 years old) – 5th Grade
- Intermediates – 6th – 8th Grade
- Seniors – 9th- 12th Grade (has not surpassed their 18th birthday as of August 31, 2016)

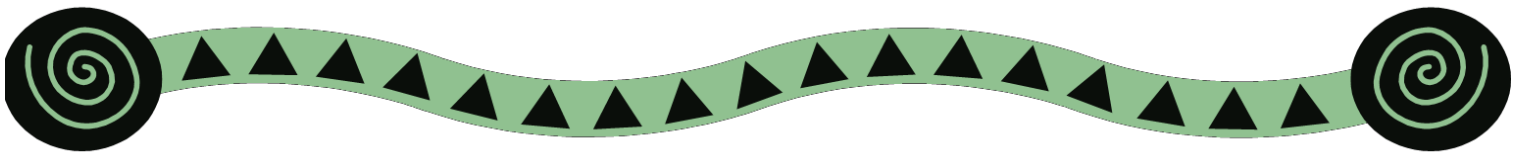
TEAM/

INDIVIDUAL: Counties may enter as many teams and up to 2 individuals in judging contests in each age division. All youth entered in each age division will be eligible for high point individual awards.

MATERIALS: Answer packets/placing cards will be provided for all participants at the judging contests. Contestants will be required to bring two (2) #2 pencils and one clipboard.



Leaders 4 Life Packet



MEMORANDUM

SUBJECT: 2016-2017 DISTRICT 10 4-H LEADERS 4 LIFE SKILLATHON CONTEST

Enclosed you will find the information for the 2016-2017 District 10 4-H Leaders 4 Life Skillathon Contest.

Date: Saturday, December 3, 2016
12:30 pm Committee Arrival & Set-up
1:00 pm Contestant Check-in
1:15 pm Orientation and Contest Begins
Please note. A specific contest schedule depends upon the number of teams entered and will be released after entries are due.

Location: Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028

Deadlines:

Due to the District Office on November 1st, 2016

- Service Learning Information Page for the Senior Age Division!!
 - A short paragraph explaining your project. 3-4 sentences
- Promotional Piece for the Junior/Intermediate Age Divisions!!

Please contact the County Extension Office if you have any questions.

DISTRICT 10 4-H LEADERS FOR LIFE SKILLATHON

DISTRICT 10 4-H LEADERS FOR LIFE SKILLATHON

General Rules

PLEASE READ ALL RULES CLOSELY!

OVERVIEW

The Leaders 4 Life Skillathon contest focuses on leadership, parliamentary procedure, and service learning and/or 4-H promotion. Local 4-H clubs are encouraged to begin the process by creating a leadership project group or developing their officers into a team to learn basic leadership skills, parliamentary procedure, service learning, and the importance of promoting 4-H to recruit new members. Counties may also use their County 4-H Council members to create a team.

GENERAL RULES & GUIDELINES

1. **Membership**. Participants must be 4-H members currently enrolled in a Texas 4-H & Youth Development county program and actively participating in a leadership project.

2. **Age Divisions**. There will be two (2) age divisions in this contest: Junior/Intermediate and Senior.
 Age divisions will follow Texas 4-H Guidelines and are as follows:
 (Grade as of August 31, 2016)

<u>Division</u>	<u>Grades</u>
Junior/Intermediate	3 rd -8 th Grade
Senior	9 th -12 th Grade

Please note that Juniors/Intermediates are not allowed to advance to the Senior Division

3. **Advancement to State Contest**. Three (3) Seniors team will advance to the state contest at Texas 4-H Roundup. Only Senior teams are eligible for advancement to Texas 4-H Roundup.

4. **Entries per County and Members per Team**. There is no limit to the number of teams a county may enter. Each team will consist of four (4) to six (6) members in the same age division.

5. **Contest Resources**. There are numerous resources for this contest. The Texas 4-H website has a Leaders 4 Life page with additional materials at the following link:
http://texas4-h.tamu.edu/project_leadership/leaders

The website has teaching materials for agents/volunteers, as well as study materials for 4-H members. Most of the study materials are available for download for free on the L4L website, there are also additional materials that are not available online, and those are listed below.

There is a complimentary copy at each County Extension Office of the following resources:

Dunbar's Parliamentary Procedure Made Easy

Dunbar's Meeting Procedure Guide

Dunbar's Guide For Making Motions

Dunbar's Parliamentary Procedure Glossary

Additional copies may be purchased by the 4-H member and/or county at the following website: <http://parlipro.northwest.net/>

The 4-H members and/or county will need to purchase at least one resource:

Robert's Rules of Order, 10th edition

DISTRICT 10 4-H LEADERS FOR LIFE SKILLATHON

Contest Procedures

CONTEST COMPONENTS

There are three (3) components to the Leaders 4 Life Skillathon for both the Junior/Intermediate Age Division and the Senior Age Division. The contest components are listed below.

Age Division	Contest Components		
Senior	Parliamentary Procedure Demonstration	Question & Answer Session	Service Learning Interpretation Portion Includes interview questions
Junior/Intermediate	Parliamentary Procedure Demonstration	Question & Answer Session	Promotional Piece

PARLIAMENTARY PROCEDURE DEMONSTRATION PROCEDURES

- Each team will consist of four (4) to six (6) members, including at a minimum the president, vice president, secretary, and treasurer. Up to two additional team members can be in any position—such as reporter or recreation leader—or just as members of the club. Officer positions are determined by the team in advance.
- The teams will present a simulated 4-H meeting no longer than the specified time for their age division. Five points will be deducted from the average score for every minute over the time limit. That is, if a senior age division meeting goes over 20 minutes, the team will receive a 5-point deduction; over 21 minutes a 10-point deduction, over 22 minutes a 15-point deduction, and so on. The deductions will be handled in tabulation. The timekeeper will keep track of the length of presentations and provide the information for tabulation.

Age Division	Parliamentary Procedure Demonstration Time Limit
Senior	20 minutes
Junior/Intermediate	15 minutes

- Two examples of problems are provided to help teams prepare.
- The teams will be given problems to incorporate into the demonstration (see samples include in this letter). A skeleton agenda will also be provided at the event. The teams must demonstrate all actions on the score sheet (required motions). They must incorporate the required motions into their demonstration, even if they are not listed in the contest problem. The additional problems may incorporate any of the motions listed below for the respective age division.

Age Division	Number Of Problems To Incorporate Into Demonstration	Required Motions To Incorporate Into Demonstration	The Problems May Incorporate Any Of These Motions:
Senior	3 problems	Main motion Amend a motion Division of the assembly Lay on the table Take from the table Withdraw a motion	Put a motion before the assembly (main motion) Lay on the table Amend a motion Division of the assembly Take from the table Withdraw a motion Division of a question Refer a motion to a committee Rise to a point of order Appeal the decision of the chair Previous question Rescind a motion Reconsider a motion Postpone a motion definitely Postpone a motion indefinitely Object to the consideration of the question
Junior/ Intermediate	1 problem	Main motion Amend a motion	Division of the assembly Lay on the table Take from the table Withdraw a motion

- Each team must provide its own minutes, treasurer’s report, letter of communication, and committee report. Prepared scripts are not allowed. Contest officials will check these materials before the team enters the planning room and collect them at the end of its presentation.
- Before the demonstration, each team will have 15 minutes to discuss the order of business and the problems of new business with fellow teammates in the planning room. No coaches, parents, agents, or other 4-H members not part of the team will be allowed in the planning room. Contestants may make notes on their agendas during the planning time.
- Use of the gavel: The gavel is a symbol of authority. It is used by the president to maintain order and keep the meeting running smoothly. To use the gavel properly, the president should stand squarely and firmly on both feet, grasp the handle of the gavel firmly, and rap the table or gavel block authoritatively, with well-spaced taps. The gavel is used to:
 - Call the meeting to order—two taps
 - Tell members to be seated—one tap
 - Ask all members to rise—three taps

- Maintain order—several taps
 - Follow the announcement of the result of a vote—one tap (this is a special rule for 4-H and supersedes the rules in Robert’s Rules of Order)
 - Adjourn or recess the meeting—one tap (if desired)
- The maximum of number of points for this section of the contest is 100 points.

QUESTION & ANSWER SESSION ON PARLIAMENTARY PROCEDURE CONTEST PROCEDURES

- Each Junior/Intermediate and Senior team will be asked ten (10) questions.
- Each member of the team must answer at least one (1) question and no more than three (3) questions.
- Team members will answer questions in this order: president, vice president, secretary, treasurer, member, and member.
- The team will choose who will answer the remaining questions before they are read.
- Each contestant must begin response within 10 seconds and complete the answer within 1 minute.
- Each question is worth up to 10 points, for a maximum score of 100 points for this section.

Age Division	Questions Will Be Based On The Following Resources:
Senior	<i>Robert’s Rules of Order, 10th edition</i> <i>Dunbar’s Parliamentary Procedure Made Easy (blue workbook)</i> <i>Dunbar’s Meeting Procedure Guide (blue)</i> <i>Dunbar’s Guide For Making Motions (yellow)</i> <i>Dunbar’s Parliamentary Procedure Glossary (green)</i>
Junior/ Intermediate	<i>Dunbar’s Meeting Procedure Guide (blue)</i> <i>Dunbar’s Guide For Making Motions (yellow)</i> <i>Dunbar’s Parliamentary Procedure Glossary (green)</i>

SERVICE LEARNING INTERPRETATION PIECE CONTEST PROCEDURES

- This section of the contest is for Seniors only.
- Teams submit a very simple document that asks the name of the project they are interpreting with a short paragraph (3 to 4 sentences max.) that describes the project.
- This document is not judged, but is to prepare the judging panel for an interview with the team.

- Judging Panel will ask interview questions of the team including, but not limited to, the project and how the 8 Steps of Service Learning (outlined on page 6 of “Use Your Hands... For Service” document) were utilized in their project.
- Interviews will last approximately 10 minutes and will be scored by the panel of judges (max 70 points)
- This document will be turned in before the Leaders 4 Life Skillathon for judging. It will be due on **November 1st, 2016**.

Total points possible for entire contest: 270

DISTRICT 10 4-H LEADERS FOR LIFE SKILLATHON

Senior Practice Problem #1

Unfinished Business

1. Take a motion from the table from the last business meeting.

New Business

Problem I

1. During this problem, accuracy of a vote is determined.
2. A member disagrees with a decision of the President.
3. The amended motion that the council secretary creates and maintains a Facebook Page passes.

Problem II

1. During this problem, a member points out a parliamentary mistake.
2. The council decides to host a dance following the County 4-H Banquet.
3. An amendment is offered.
4. The motion and its amendment are laid on the table.

Problem III

1. The council decides to provide blankets to the nursing home residents for a community service project.
2. A division of the question is moved.
3. The motion to plant a tree is referred to a special committee.

DISTRICT 10 4-H LEADERS FOR LIFE SKILLATHON

Senior Practice Problem #2

Unfinished Business

New Business

Problem I

1. A member moves to send 2 delegates to the District 8 Leadership Lab.
2. The expense amount to cover is debated.
3. A second rank amendment is passed.
4. The motion to send 2 delegates to the District 8 Leadership Lab with expenses covered up to \$100 is tabled.

Problem II

1. During this problem a member calls for accuracy of a vote.
2. A motion is presented to host a donkey basketball game and all proceeds will go to the local food pantry.
3. The motion is passed.

Problem III

1. The motion tabled in problem 1 is taken from the table.
2. The motion passes.
3. A member moves to buy the County Extension Agents a gift card to be presented at the County 4-H Banquet.
4. The motion is withdrawn.

DISTRICT 10 4-H LEADERS FOR LIFE SKILLATHON

Agenda

This is the agenda that will be used during the contest.

I. Call to Order

II. Opening Exercise: Pledges—American Flag, Texas Flag, 4-H Motto & Pledge

III. Roll Call

IV. Reading and Approval of Minutes

V. Reports of Officers, Boards, and Standing Committees

VI. Reports of Special Committees

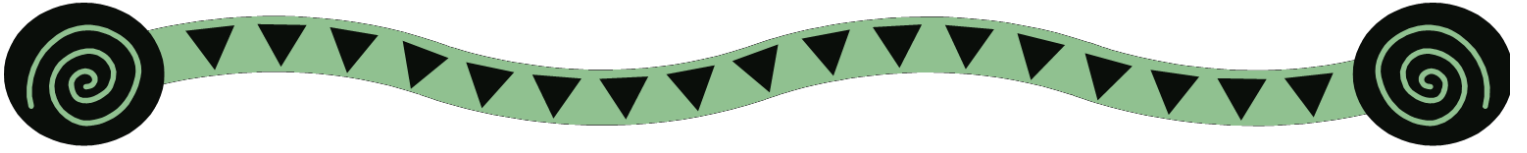
VII. Unfinished Business

VIII. New Business

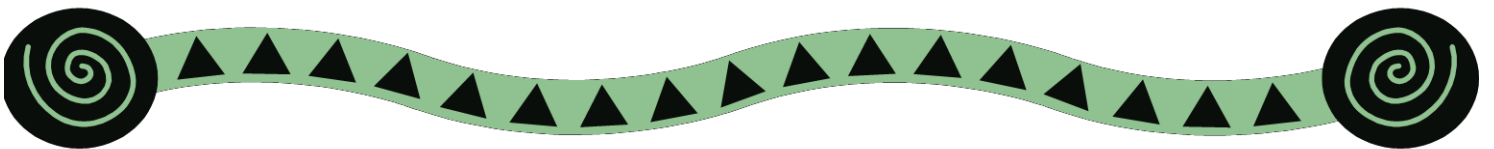
IX. Program

X. Announcements

XI. Adjourn

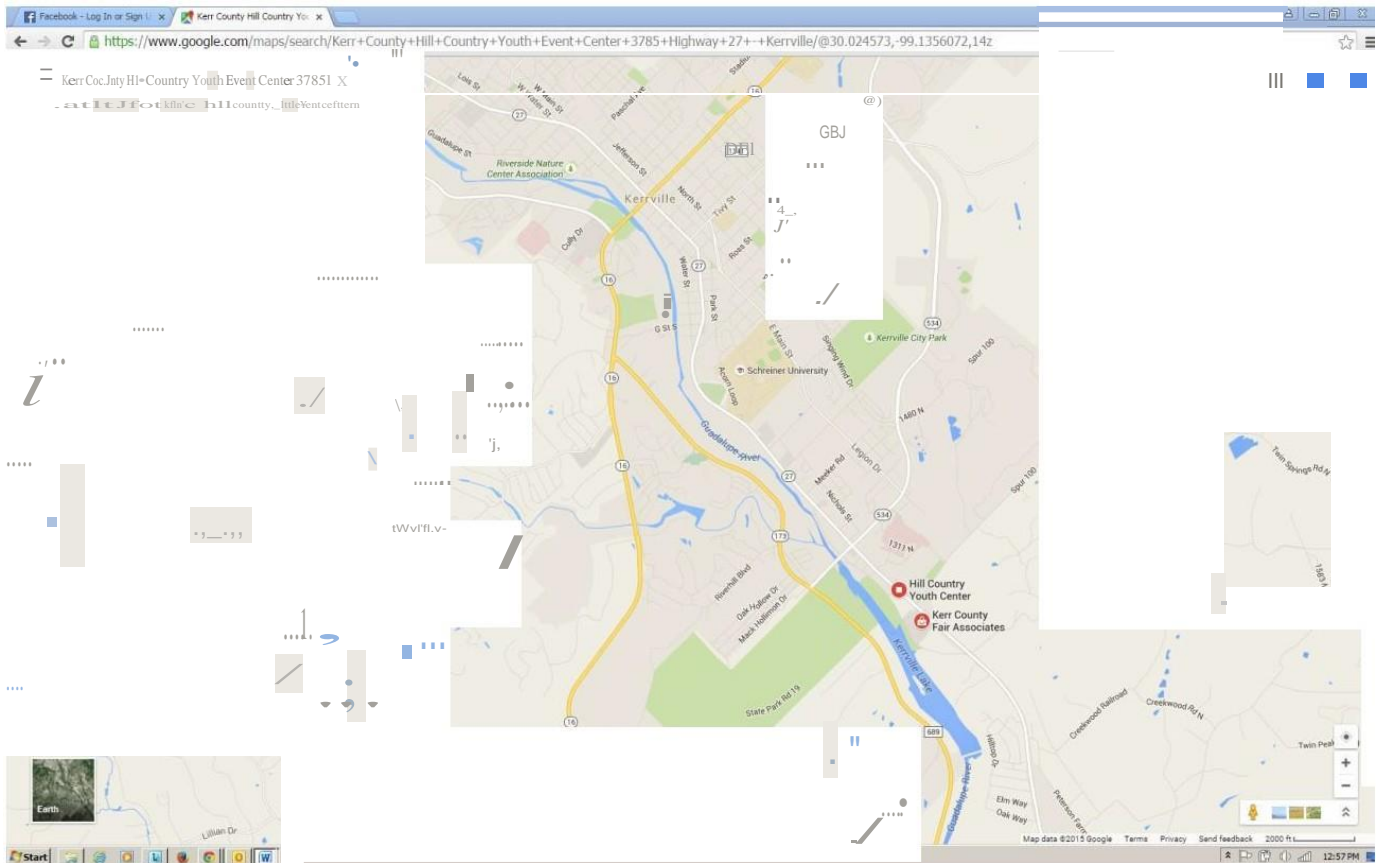


Maps



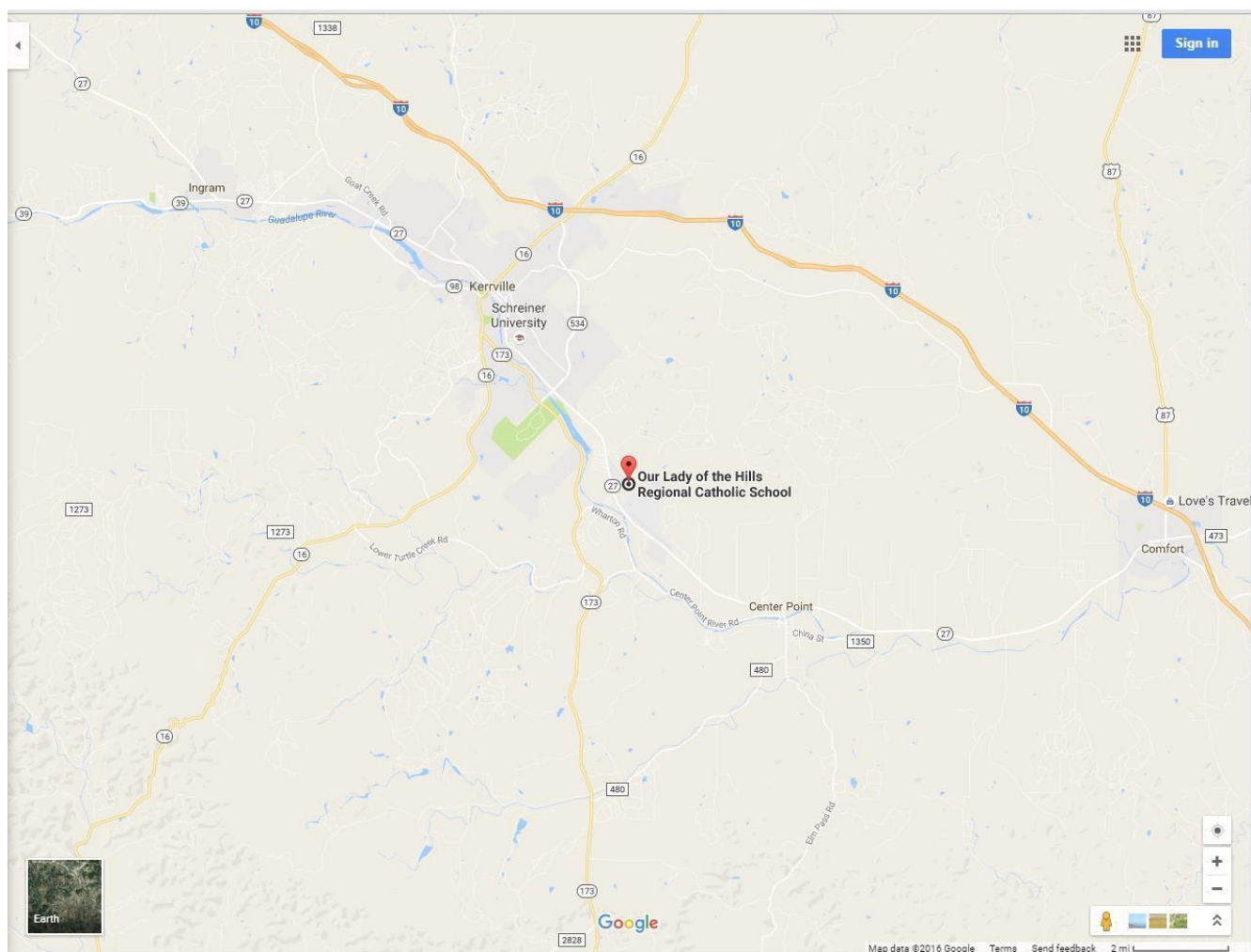
Food Sho-w- and Food Challenge:

Kerr County Hill Country Youth Event Center
3785 Highway 27
Kerrville, TX 78028



Beef Quiz Bowl, Horse Quiz Bowl, **Nutrition Quiz Bowl, Public** **Speaking, Entomology, and** **Leaders 4 Life:**

Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028





4-H Motto and Pledge

**In support of the 4-H Club Motto:
To Make the Best Better**

**I pledge: My Head to clearer
thinking, My Heart to greater
loyalty, My Hands to larger service,
and My Health to better living, for
my club, my community, my
country, and my world**

