

Student Name: _____
Teacher: _____

Rutherford County 4-H Yearbook



615-898-7710

<http://rutherford.tennessee.edu>



SAVE THIS BOOK—We use this in the classroom until spring!



RUTHERFORD COUNTY EXTENSION

A little bit of our history....

Extension in Tennessee has been helping people improve their lives for over 100 years!

Rutherford Extension services are jointly supported by two Land Grant Universities:

University of Tennessee and Tennessee State University along with Rutherford County Government to provide the latest research based educational information in the areas of Agriculture, Family and Consumer Education, **4-H**, Horticulture and Community Resource Development to Rutherford County's rural and urban residents.



Strengthening individuals, families, and communities through education.

Educational programs which address critical issues and needs that people face in today's changing world.

Parenting skills, nutrition and health management, family finances and life planning are just some of the areas we can provide skills in.

Programs offered

- First Time Home Buyers Class
- Nutrition and Food Safety
- Health and Home Safety
- Co-Parenting Classes
- Food Preservation Classes
- Living with Chronic Conditions
- Faith and Finance Workshop

Agriculture, Natural Resources, and Community Economic Development



Programs for farmers, homeowners, and landscape professionals on the latest practices to solve problems, improve production and make better use of our natural resources.

Livestock / Farm

- Training and information on production of:
 - * Cattle
 - * Sheep and Goat
 - * Equine
- Forage & Grain Analysis
- Private Pesticide Applicator Certification
- Annual Crop Producer Update Training

Commercial Horticulture

- Turf & Landscape Management
- Fruit & Vegetable Producer Update Training
- Commercial Pesticide Applicators Workshops

RC Master Gardeners and RC Beekeepers

- Classes, training, demonstrations & workshops, speakers at local events

Horticultural Programs

- Lawn Care Classes
- Weed ID Clinic
- Garden Workshops
- Turf Variety & Demonstration Plots
- Field Days / Workshops / Demonstrations
- WGNS Radio / Ask an Agent Program

SOIL TESTING / PLANT & PEST ANALYSIS

Have your lawn or garden soil tested for nutritional needs. Bring in plants for disease / insect diagnosis. Call to find out how!

Welcome to 4-H!

4-H is a community of young people learning citizenship, leadership, and life skills. It is designed to teach life skills through fun, hands-on activities. Rutherford County 4-H offers 4-H programs in a school setting. There are also many other opportunities for participation in other areas. To make 4-H available to everyone, we offer afterschool, out-of-school, and summer programs.

The Rutherford County 4-H Office is located at:

Lane Agri-Park
315 John R. Rice Blvd.
Suite 101
Murfreesboro, TN 37129

We are down the street from the Sam's Club & Tractor Supply, right next door to PAWS (the animal shelter)

Office hours: 7 am - 4:30 pm
Monday - Friday

4-H Staff

Tammy Chandler—Program Assistant
Logan Hickerson—Extension Agent
Heather Lambert—Program Assistant
Samantha Strong-Program Assistant
Raquel Victor—Extension Agent

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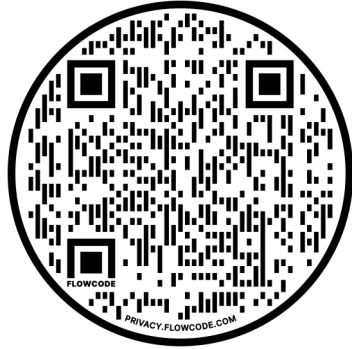
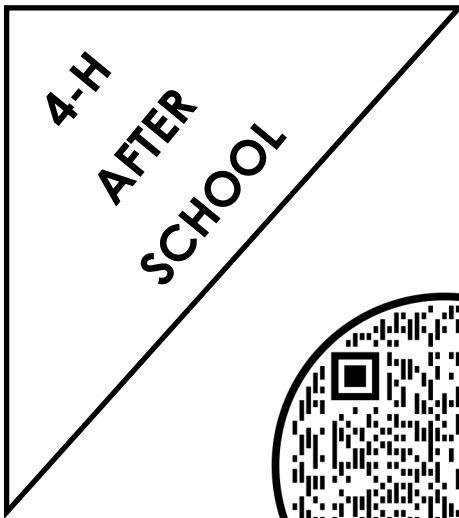
(615) 898-7710
<http://rutherford.tennessee.edu>

Follow us on **Facebook** at UT TSU Extension—Rutherford County

Follow us on **X** @RutherfordCoExt

Follow us on **Instagram** ruthcoextension

Follow us on **YouTube** Rutherford County Extension

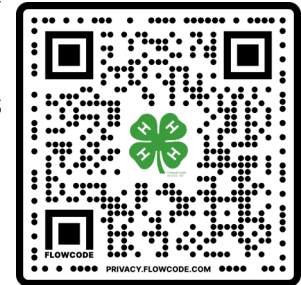


4-H Afterschool 4th –12th grades

There are 3 programs that **REQUIRE** online registration **and fee payment must be completed at time of registration.**

- * Archery
- * Cooking
- * Sewing

You can pay by credit card at <http://rutherford.tennessee.edu> Click on Ag-Store at the top, then select the 4-H payments logo, once the screen changes choose the drop down box you wish to register your child to attend. If the program you are looking for is not listed it is full. Spaces are filled on a first come -first served basis. Registration will continue until all spaces are filled. You can pay with cash or check in person at our office.



Follow the above QR code for information about all the **afterschool and evening project groups and clubs**, where and when they meet. Open to students 4th-12th grade.

<https://rutherford.tennessee.edu/4-h-youth-development/>

County Refund Policy

If you are unable to attend, please let us know. No refunds within 2 weeks of event/camp. For project groups, NO refund within 2 weeks of first meeting. If you are unable to attend all project group meetings, there will be NO partial refunds.

If you sign-up within 2 weeks of the start of an event/camp/project group, payment will be cash only & you will not receive a refund if you do not attend.

Meeting Cancellation Policy

Inclement weather may force us to postpone or cancel a meeting. If school is out that day for inclement weather or any other county wide closure, there will be NO 4-H group meetings. There are times when it may be questionable whether a meeting will be canceled or not. If you're not sure, please call the Extension Office at 615-898-7710 on the day of the meeting to ask for sure. Call during business hours which are 7:00am – 4:30pm Monday – Friday. **Notices will be posted on the Rutherford County 4-H Facebook page (UT TSU Extension Rutherford County) & Twitter (@RutherfordCoExt). Always use your best judgment about whether roads are safe to drive on in your part of the county.**

4-H Classroom Schedule

4th & 5th grades

4-H
IN THE
CLASSROOM

| Meeting | Things 4-H'ers should bring | Agent's Program | 4-H'ers assignment for next meeting |
|--------------------------------|--------------------------------|---|---|
| 1st meeting Date: _____ | | Introduction to 4-H, enrollment forms Communication Lesson | Keep this yearbook in a safe place. Students have speech ready to present at next meeting. |
| 2nd meeting Date: _____ | Students present speech | Listen to 4-H Speeches | Keep this yearbook in a safe place. |
| 3rd meeting Date: _____ | This yearbook | Lesson: 4-H Demonstrations | Students have demonstration ready to present at next meeting. |
| 4th meeting Date: _____ | Students present demonstration | Observe 4-H Demonstrations | Keep this yearbook in a safe place. |
| 5th meeting Date: _____ | This yearbook | Lesson: soft skills, year end wrap up, 4-H awards | Summer camp registrations open April 1st. |

4-H Pledge

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.

4-H Motto

To Make the
Best Better

4-H Colors

Green & White

4-H Slogan

Learn By Doing



4-H Emblem

The 4-H Emblem is a
green four-leaf
clover with a white "H"
on each leaf.

The H's stand for
Head, Heart,
Hands, Health.

100% Participation

To receive a 100% Participation Award, each 4-H'er must fulfill 2 requirements in their classroom club.

1. Present a Speech
2. Present a Demonstration

4-H'ers with 100% Participation will:

- ★ Receive a certificate and ribbon
- ★ Be entered in a drawing for a Junior Camp Scholarship

Classrooms with 100% participation
(all students giving presentation to 4-H agent
on the designated day unless absent)
will receive a special prize in the spring.

Tips for Writing a Speech

Opinion: The speaker tells their thoughts or feelings about a topic with supporting information to explain why they have this opinion.

Informational: The speaker intends to educate the audience on a specific topic with facts and details.

Narrative: The speaker will read a writing that tells a story. It can be written to motivate, educate, or entertain the audience. Narrative stories can be fact or fiction.

How to Write Your Speech

1. **Choose your topic:** You may be asking yourself, “How do I choose a topic?” Your speech can be about anything you want. Remember to choose something you like & know something about. Sample topics are:
 - * your pet
 - * your summer vacation
 - * a book you've read
 - * your hobby
2. **Know Your Audience:** Speak about something that interests you and your classmates.
3. **Outline:** Create an outline of the major points of your speech you want to talk about.
4. **A catchy introduction:** needs to grab the attention of the audience. This could be a joke, quote or question. Also, tell them what you're going to talk about in the body.
5. **Body:** explains or describes the points of the speech. Usually, you will give 3 main points.
 - * be logical with the order of information (sequence)
 - * get personal with examples & stories
6. **Conclusion:** Reminds the audience of the most important ideas of your speech
 - * begin with “In closing, “ or “In conclusion”
 - * summarize what your speech was about & tie everything together

Speech Organizer

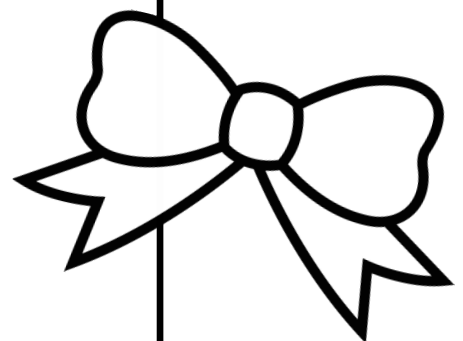
Topic: _____



Introduction:

| Main Idea #1 | Main Idea #2 | Main Idea #3 |
|--------------------|--------------------|--------------------|
| Supporting Details | Supporting Details | Supporting Details |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Conclusion:



How to Present a Great Speech.

Voice: Your voice is a great tool in communication. What you have to say is important so you want the audience to hear you.

1. Speak up – Don't shout at the audience, but use a "big" voice
2. Speak at a slower pace
3. Work on word pronunciation
4. Be confident
5. Be natural and relaxed

Eye Contact: This can make a huge difference in the audience interest in what you say.

1. Maintain eye contact with the audience. Focus at looking at the audience throughout your speech.
2. Try not to stare at an object in the back of the room.
3. Look for your friends in the audience, but don't forget about everyone else.



Posture: How you stand during your speech is important. You want to appear confident and interested in your speech.

1. Stand up tall, hold your notes at chest height, not in front of your face.
2. You can walk while presenting your speech.

Gestures & Expressions: Expressions are a powerful addition to any speech. But BEWARE: they can also be a distraction.

1. Use hand gestures that are natural to you.
2. Hold your notes in your hands, but try to avoid "playing" with them.
3. Smile! Look happy and excited about your speech.

Write it out. Don't read your speech, but do have it written out in front of you on note cards or on paper. You don't have to memorize your speech.

"Ums and Ahs" : Try to avoid using "um" & "ah". This is best done by practicing your speech and being sure of what you're saying. The more you practice, the better your speech will be.

Practice, Practice, Practice: You can't practice too much. Give your speech in front of anyone who will listen: parents, brothers, sisters, neighbors, friends, dogs, cats, fish, to yourself in the mirror. Be prepared.

Times:

| | |
|-----------|----------------|
| 4th grade | 1 to 3 minutes |
| 5th grade | 2 to 5 minutes |

Are you ready to give a speech in your classroom?

You can give your speech on any topic you choose! Pick a topic that you know about. You can talk about your family vacation, favorite animal, pet, or a good book you read. Let your imagination be your guide. **Below is the list of what we are looking for in your speech.**

| |
|---|
| Poise, Posture |
| Calm, pleasant, confident, at ease |
| Good posture |
| Topic Selection |
| Age appropriate, one theme |
| Voice |
| Pitch, volume, speed, tone, rhythm |
| Clear pronunciation |
| No long pauses, no “extra” words (um, uh, you know) |
| Audible at all times, distinct, natural voice |
| Enthusiastic, personality shows through |
| Speaker captures and retains audience attention |
| Speech |
| Well organized, logical order |
| Introduction, body and conclusion |
| Up-to-date, accurate, relevant information |
| Sticks to subject |
| Adheres to time limits |
| Use of Language |
| Appropriate word choice, clear, correct phrasing |
| Uses correct grammar |
| Expression |
| Good eye contact |
| Appropriate gestures, body language |

Time limits are as follows

| | |
|----------------|----------------|
| 4th grade | 1 to 3 minutes |
| 5th grade | 2 to 5 minutes |
| 6th-8th grade | 3 to 7 minutes |
| 9th-12th grade | 3 to 7 minutes |



Rutherford County Public Speaking Contest

_____ at the Lane Agri-Park Complex

Registration begins at 6:00 p.m. Contest begins at 6:30 p.m.

Call 615-898-7710 to pre-register for the Public Speaking Contest

Cash Prizes



EXTRA 4-H OPPORTUNITY

Last year's winner of the State Poster Contest (digital) was Mary, a 4-H student in Knox County.

**4-H POSTER CONTEST:
TRADITIONAL OR DIGITAL ENTRIES ACCEPTED**

Please find the information on the **4-H poster contest** on our web site <http://rutherford.tennessee.edu> Specific details regarding the rules and deadline to enter as well as where to turn in your poster can be found under the 4-H tab. The 4-H **County** winning posters will move on to the 4H **Regional** poster contest. The regional winner will move on to the 4-H **State** poster competition. If a 4-H student has a poster in the contest AND completes both the speech and demonstration in the classroom they will earn the "Golden Clover" Award.



Last year's winner of the State Poster Contest (regular) was Angel, a 4-H student in Rutherford County.

4-H Project Demonstrations For 4th & 5th Grade Members

Join the fun! Share your skills! Presenting a demonstration gives you a chance to share something you have learned with your class. Be sure it is a teaching moment.

Guidelines to Follow

1. In a demonstration, you should both show and tell how to do something. You may also show how to make something or how something works. Choose a topic that is neither too complicated nor too simple. All topics must be approved by your teacher.
2. All 4-H members must do individual demonstrations. No partners allowed.
3. Both project materials (props) must be used in a demonstration along with the spoken script (speech). Posters are optional at the classroom level.
4. Do Not use live animals or babies. Do Not use audience participation. Do Not use game systems, apps, videos, DVDs, or power point programs. Do Not bring any items that are prohibited at school.
5. Do Not demonstrate volcanoes, slime, simple sandwiches, slice and bake cookies, or paper-folding (origami) crafts. They are too simple or too messy.
6. Cite your source of information, where did you learn to do this or who taught you how to do this? Give title and publication information of the source or tell us the website.
7. Your demonstration should be between **1 and 3 minutes** long.
8. A good demonstration has three main parts: Introduction, Body and Conclusion.

Demonstration Organizer

How to _____

Introduction

Materials

Steps

- 1.
- 2.
- 3.
- 4.
- 5.

*Use as many steps as you need.

Conclusion

Remember: Classroom Demonstrations must be completed in 1-3 minutes.

Are you ready to give a demonstration in your classroom?

You can give your demonstration on any topic you choose if your teacher approves of it! Remember some materials are difficult to bring to school, plan so you can be successful. Look over the guideline and use your organizer to pull it all together.

Below is the list of what we are looking for in your demonstration.

| |
|--|
| Poise and Posture: calm, confident at ease |
| Good Posture and faces the audience |
| Voice: volume, speed, tone, rhythm |
| Clear Pronunciation |
| No long pauses, no “extra” words (um, ah) |
| Audible at all times, natural voice |
| Enthusiastic, personality shows through |
| Captures and holds audience attention |
| Eye contact |
| Appropriate gestures, body language |
| Demonstration: Introduction |
| Steps, materials and explanation coordinate |
| Up-to-date, accurate, relevant information and sources of information were cited |
| Student has materials present for demo |
| Conclusion |
| Adheres to time limit: |
| 1-3 min 4th grade <i>or</i> 2-5 min 5th grade |



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Remember:

Your demonstration in the classroom should be completed in 1-3 minutes.

If you choose to compete at the county contest the required time there is 2-5 minutes.

Rutherford County Demonstration Contest

_____ at the Lane Agri-Park Complex

Registration begins at 6:00 p.m. Contest begins at 6:30 p.m.

Call 615-898-7710 to pre-register for the Demonstration Contest

Cash Prizes

Junior 4-H Camp

Junior Camp is open to any youth in Rutherford County that are currently in the 4th, 5th or 6th grade. Camp will be held at WP Ridley 4-H Center in Columbia TN. Scholarship opportunities are available.

Registration for this camp opens in early March. Please check the web site for more information. <http://rutherford.tennessee.edu>

There are volunteer opportunities for both adults and high school youth to help us at this camp. If you are interested in volunteering and going to camp, please call our office. 615-898-7710



Camp Dates:



Explore agriculture's impact on
YOUR life!
Join us for
Adventures in Agriculture

10 a.m. to 2 p.m.

315 John R. Rice Blvd., Murfreesboro

**Free! Fun! Games! Exhibits!
Demonstrations! Free!**



4-H Pledge



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.

