

Student Name: _____
Teacher: _____

Rutherford County 4-H Yearbook



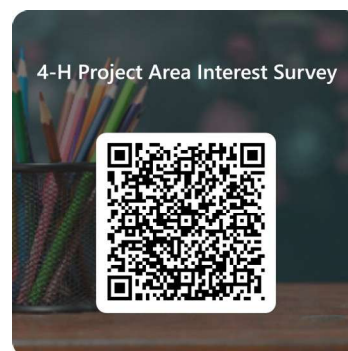
18 USC 707

615-898-7710

rutherford.tennessee.edu



Scan to go to the
Rutherford County
4-H page



4-H Project Area Interest Survey

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



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!



TENNESSEE

4-H YOUTH DEVELOPMENT

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 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

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

4-H Staff

Tammy Chandler—Program Assistant
Anna Gafford—Extension Agent
Baileigh Snow—Program Assistant
Raquel Victor—Extension Agent
Janette Walker—Extension Agent

tchandler9@utk.edu
annlgaff@utk.edu
bsnow6@utk.edu
rvictor@utk.edu
jwalk143@utk.edu

(615) 898-7710
rutherford.tennessee.edu

Facebook UT TSU Extension—Rutherford County

X @RutherfordCoExt

Instagram ruthcoextension

YouTube Rutherford County Extension



4-H OPEN HOUSE

Date: _____

**Learn
by
Doing**

5:30-7:30 pm

**LEARN ABOUT OUR PROGRAMS
AND SIGN UP**

**OPEN FOR
REGISTRATION**

Some of our programs have a fee associated with the activity, those fees are due at time of registration on October 1st pay online or in the office.


 **October 1st online**

Groups and Project Areas

- ✓ Most groups meet monthly
- ✓ Leadership opportunities
- ✓ Competitions at multiple levels
- ✓ Learn something new!



**Come see what
4-H is all about!**

 315 John R Rice Blvd, Murfreesboro
in the community center
What3Words location: [///hello.crab.link](https://hello.crab.link)

 More Information:
rutherford.tennessee.edu

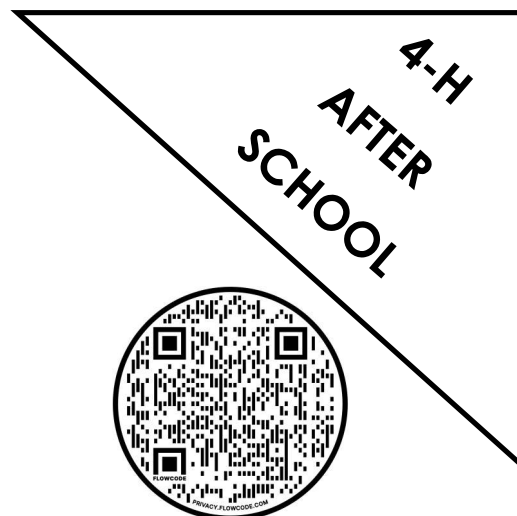
 **615-898-7710**

4-H Afterschool 4th –12th grades

There are 4 programs that **REQUIRE** online registration **and fee payment must be completed at time of registration.**

- * Archery
- * Cooking
- * Photography
- * Sewing

You can pay by credit card at 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, 315 John R Rice Blvd, Ste 101, Murfreesboro. Open M-F 7 am to 4:30 pm



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.

Meeting Cancellation Policy

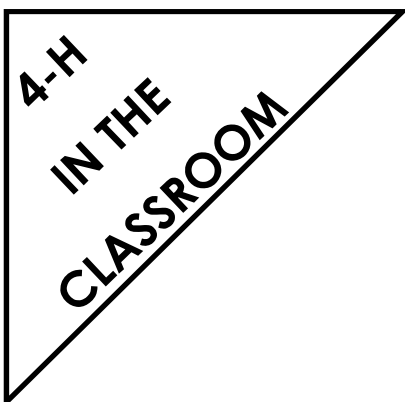
Inclement weather may force us to postpone or cancel a meeting. If school is out that day for inclement weather, there will be NO 4-H group meetings. There are times when it may be questionable whether a meeting will be canceled or not. If you're not sure, please call the Extension Office at 615-898-7710 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).** **Always use your best judgment about whether roads are safe to drive on in your part of the county.**

Find all 4-H information at:
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 or card you will not receive a refund if you do not attend.



4-H Classroom Schedule

4th & 5th grades

Meeting	Things 4-H'ers should bring	Agent's Program	4-H'ers assignment for next meeting
1st meeting Date: _____	A pencil	Introduction to 4-H, enrollment forms, elections	Keep this yearbook in a safe place.
2nd meeting Date: _____	This yearbook	Communication Lesson	Students have speech ready to present at next meeting.
3rd meeting Date: _____	Speech ready to present	Listen to 4-H Speeches	Keep this yearbook in a safe place.
4th meeting Date: _____	This yearbook	Lesson: How to do a 4-H Demonstration	Students have demonstration ready to present at next meeting.
5th meeting Date: _____	Demonstration ready to present	Observe 4-H Demonstrations	Keep this yearbook in a safe place.
6th meeting Date: _____	This yearbook 6	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.

Competitions:

After presenting your speech in public school or home school group, you can participate in the **Rutherford County 4-H Speech contest**. If you place 1st or 2nd, you can advance and compete in the **sub-regional event**. There are prizes and cash awards.

After submitting your poster, either digital or traditional for the **Rutherford County 4-H Poster contest** you may be selected to advance to the **regional contest**, winners advance to the **state 4-H poster contest**, winners of the state contest are displayed at the TN State Fair.

After presenting your demonstration in public school or home school group, you can participate in the **Rutherford County 4-H Demonstration contest**. If you place 1st or 2nd, you can advance and compete in the **sub-regional event**. There are prizes and cash awards.

Additional 4-H competition opportunities exist within a project group. Example: Livestock shows, opportunities at the TN State Fair and more.



Awards + Prizes

Gold Award: \$100 towards Junior Camp, no cash awarded

- ☐ 1. Present a Speech
- ☐ 2. Submit a Poster for contest
- ☐ 3. Present a Demonstration
- ☐ 4. Participate in the county speech contest
- ☐ 5. Participate in the county demonstration contest
- ☐ 6. Place 1st or 2nd overall at the Sub-Regional contest

Silver Award: \$75 towards Junior Camp, no cash awarded

- ☐ 1. Present a Speech
- ☐ 2. Submit a Poster for contest
- ☐ 3. Present a Demonstration
- ☐ 4. Participate in the county speech contest
- ☐ 5. Participate in the county demonstration contest

Bronze Award: \$50 towards Junior Camp, no cash awarded

- ☐ 1. Present a Speech
- ☐ 2. Submit a Poster for contest
- ☐ 3. Present a Demonstration
- ☐ 4. Participate in 1 of the 2 county contests (speech or demonstration)

Participation Award: 1 entry into a drawing for a full scholarship to Junior Camp, a ribbon and certificate.

- ☐ 1. Present a Speech
- ☐ 2. Present a Demonstration

.....
 : 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.
 : ** Junior Camp is a 5 day overnight
 : camp held in the summer at the
 : Ridley 4-H Camp in Columbia TN,
 : see video on our website.
 :

4-H Club Officers

Your 4-H Club would not be complete without officers. Good officers can be a real help to your club. Officers should set a good example by participating in contests, reminding members of upcoming 4-H meetings and activities and helping the club meetings run smoothly. Officers should be elected based on their ability to do a good job, not popularity. Teachers may have input on nominations. Officers should take their jobs seriously and do the very best that they can.

Responsibilities of the 4-H Club Officers

President:

1. Preside over the opening and closing of each regular meeting using the meeting outline in this yearbook.
2. Remind everyone of each meeting at least 3 days ahead.
3. Check with the other officers to see if they have performed their tasks.

Vice President

1. Preside over the opening and closing of each regular meeting if the president is absent
2. Select a member to lead the 4-H pledge.
3. Remind everyone of the next project and it's due date.

Secretary:

1. Take notes of what happens at each meeting.
2. Write a detail of what happened on the secretary's note sheet. (called meeting minutes)
3. Read the meeting minutes at our next meeting.

Club Meeting Outline

The President, Vice-President and Secretary should stand at the front of the room.

Opening the meeting

President: (tap 2 times with gavel) I call this meeting to order. I'll turn the chair over to our Vice-President _____ to open our meeting.

Vice-President: "Please stand for the pledge" (wait until everyone is standing) the 4-H Motto is "To Make the Best Better" and the 4-H Slogan is "Learn by Doing". At this time we will say the 4-H Pledge which will be led by _____.

All Members: *(Say 4-H Pledge, printed on the back cover)*

Vice-President: I will turn the chair back over to the President.

Opening the meeting Continued

President: Our Secretary _____ will read the minutes of our last meeting.

Secretary: (Read minutes from the Secretary's note sheet)

President: Are there any additions or corrections to the minutes? If not, they stand approved as read. I now turn the meeting over to our 4-H Agent.

Officers should be seated.

Closing the meeting

President: This concludes our meeting. Do I hear a motion to adjourn?

Any Club Member: I move this meeting to be adjourned.

President: Will someone second the motion?

Any Club Member: I second the motion

President: The motion has been made and seconded.
All those in favor say, "Aye."

All Members: Aye

President: The meeting is adjourned. (tap 1 time with the gavel)

Parliamentary

procedure is a set of rules that helps people run meetings in a fair and organized way. It's like having a playbook so everyone knows when it's their turn to talk and how decisions are made. These rules help make sure everyone gets a chance to share their ideas and that the group stays on topic. It's important because it keeps meetings from getting confusing or unfair. When people follow parliamentary procedure, things get done faster and everyone feels respected. Think of it like teamwork with clear rules!

Vocabulary to know

Adjourn: To suspend indefinitely or until a later stated time.

Aye: (pronounced "I")
A yes vote.

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.
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 every thing together

Speech Organizer

Topic: _____



Introduction:

Main Idea #1

Supporting Details

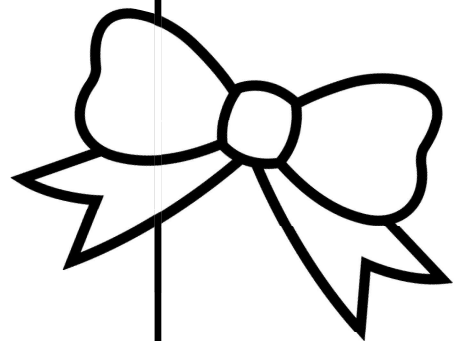
Main Idea #2

Supporting Details

Main Idea #3

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



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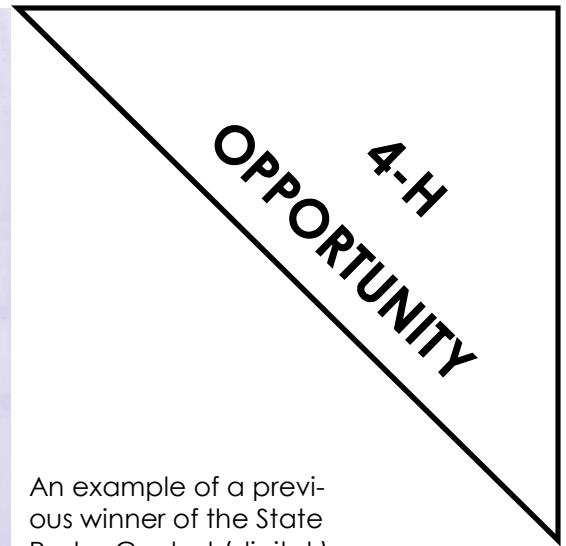
Rutherford County Public Speaking Contest

_____ 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**



An example of a previous 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.



An example of a previous winner of the State 4-H 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.
9. Practice your demonstration set up and take down, as this time is limited.

Demonstration Organizer

How to _____

Introduction

Materials

Steps

1.

2.

3.

4.

5.

*Use as many steps as you need.

Conclusion

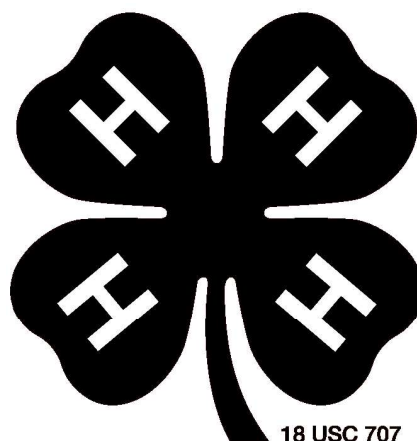
Remember: Classroom Demonstrations must be completed in 1-3 minutes.

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 guidelines 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, including source of information
Adheres to time limit:
1-3 min 4th grade <i>or</i> 2-5 min 5th grade



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

**Cash
Prizes**

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



Calling all Teen Leaders
and Adult Leaders !

It's 4-H Summer Camp Time!!

4-H Junior Camp

- When: Mon. - Fri. (1 week of the summer) See date below
- Where: Ridley 4-H Camp Columbia, TN
- Cost: FREE for you if you volunteer!
- Looking for Teen Leaders (Teens currently in 9th-12th grade)
- Adult volunteers must be 19 years or older
- If you are looking for community service hours or leadership experience, then this is for you!



Volunteering for
4-H Camp is a
great experience
in leadership and
most of all FUN!

For questions, information, and
an application, please contact:
Raquel Victor (4-H Agent)
rvictor@utk.edu
or call at (615) 898-7710

JUNIOR 4-H summer camp

**For youth
currently in
4th-5th-6th
Grades**

Registration: \$_____
*includes lodging, meals,
transportation and t-shirt*

**Where: William P
Ridley 4-H Center in
Columbia, TN**

Dates: _____

Activities:

Ziplining | Swimming | Arts & Crafts
Shooting Sports | Campfires
Nature Centers & More

**Partial Scholarships may be available
applications can be found on the web site.**

For more information and to register:
rutherford.tennessee.edu/4-h-camp

**Register
Online
starting
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.

