

Student
Name: _____

Rutherford County 4-H Yearbook



615-898- 7710
rutherford.tennessee.edu



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Rutherford Co. 4-H page



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

Soil Testing and 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.



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



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 after-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

Office hours: 8 am - 4:30 pm
Monday - Friday

4-H Staff

Tammy Chandler, Program Assistant
Anna Petersen, Extension Agent
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rutherford.tennessee.edu

Facebook UT TSU Extension Rutherford County

X @RutherfordCoExt

Instagram ruthcoextension

YouTube RutherfordCounty Extension

4-H Open House

Meet our 4-H agents,
members, and families!
Tour our project displays and
learn what you can do and
how to get involved.
4-H is open to all students
currently in 4th - 12th grade!

What to Expect:

Discover what each project
area and club does during
the year and what days
and times they meet.
Great for current and new
families! Look into other
opportunities like joining a
judging team.



Event Details:

September 17
5:30-7:30 PM
Community Center
315 John R Rice Blvd
All are Welcome!

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

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TENNESSEE
STATE UNIVERSITY
Cooperative Extension



4-H Afterschool 4th-12th grades

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

- Archery
- Cooking
- Photography
- Sewing

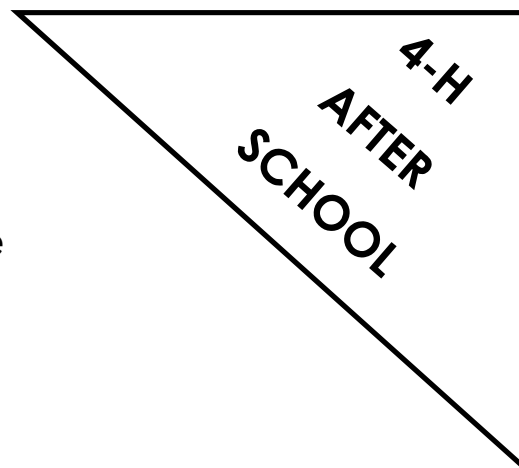
You can pay by credit card at rutherford.tennessee.edu. Click on Ag-Store at the top, then select the 4-H payments logo. Once the screen changes, choose the drop-down box you wish to register your child to attend. If the program you are looking for is not listed or is full, please email the agent in charge to be added to the waitlist. 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 at our office, 315 John R Rice Blvd, Ste 101, Murfreesboro. Open Monday - Friday, 8 am to 4:30 pm.

Meeting Cancellation Policy

Inclement weather may force us to postpone or cancel a meeting. If school is out that day due to inclement weather, there will be NO 4-H group meetings. There are times when it may be questionable whether a meeting will be cancelled or not. If you are not sure, please call the Extension Office at 615-898-7710 on the day of the meeting to ask. Call during business hours which are 8 am - 4:30 pm Monday - Friday. Notices will be posted on the Rutherford County 4-H Facebook page (UT TSU Extension Rutherford County). Always use your best judgment if the roads are safe to drive on in your part of the county.

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. Please contact our office to gain approval for a camp refund due to family emergency.



Follow this 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.

Find all 4-H information at:
rutherford.tennessee.edu/4-h-youth-development

**4-H
IN THE
CLASSROOM**

4-H Classroom Schedule

4th & 5th grades

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TENNESSEE STATE UNIVERSITY

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 sheet in a safe place.
2nd meeting Date: _____	This sheet	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 sheet in a safe place.
4th meeting Date: _____	This sheet	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 sheet in a safe place.
6th meeting Date: _____	This sheet	Lesson: year end wrap up, 4-H awards	Summer camp registration will open on 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, **H**ear**t**,
Hands and **H**ealth.

Competitions:

All youth are welcome to participate in the **Rutherford County 4-H Speech Contest**—presenting your speech in a classroom or homeschool group is not required (but great practice). Participants who place 1st or 2nd at the county contest will advance to the **sub-regional competition**. Prizes and cash awards are available.

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 of the **state contest** are displayed at the TN State Fair.

All youth are welcome to 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, judging contests, photography contests and opportunities at the TN State Fair, and more.



Scan to go to
the Rutherford
Co. 4-H page

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 below.
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 its 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 will 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 back of schedule sheet) then sit down.

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

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

Secretary: (read minutes from secretary 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.

All officers return to their seats

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).

Vocabulary to know:

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

Aye: (pronounced “I”) a yes vote.



Parliamentary procedure is a set of rules that helps people run meetings in a fair and organized way. It is like having a playbook so everyone knows when it is 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 is 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.

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 and 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 a question. Also, tell them what you are 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

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.

Write your speech down before you speak. You do not have to memorize it, and you should not read every word. Keep your speech on note cards or a piece of paper so you can look at it if you need help remembering what to say.

"Ums" and "Ahs"

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

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, and 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, or extra words (um, ah)
- 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, 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

December 10 at the Lane Agri-Park Complex

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

**Cash
Prizes**

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
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4-H Poster Contest:

Traditional or Digital entries accepted

Please find information on the 4-H poster contest on our website <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 Rutherford 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.



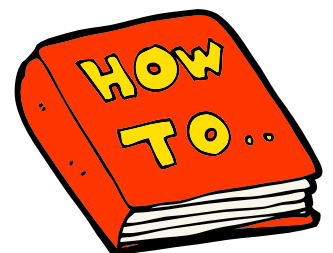
An example of a previous winner of the State 4-H Poster Contest (regular) was Angel, a 4-H student in Rutherford County.

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 PowerPoint 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 the 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 setup and takedown, as time is limited.



Demonstration Topics by Project

Project	Beef	Citizenship	Clothing & Textiles	Communication / Public Speaking
Demo Examples	1. How to give a calf a shot. 2. How to ear tag a calf. 3. How to bottle feed a calf.	1. How to fold a flag. 2. How to clean coins.	1. How to replace a button. 2. How to tie a tie. 3. How to iron clothes.	1. How to write a speech. 2. How to write and address a letter.
Project	Companion Animal (dog, cat, rabbit)	Computers & Technology	Consumer Education/Economics	Dairy
Demo Examples	1. How to groom your dog or cat. 2. How to care for your rabbit.	1. How to clean a keyboard. 2. How to use a compass. 3. How to use a GPS.	1. How to write a check. 2. How to balance a budget.	1. How to groom a dairy heifer for show. 2. Estimate weight by measuring with a tape.
Project	Electric	Engineering/Safety Science	Entomology	Food Science
Demo Examples	1. How to make a homemade flashlight. 2. How to measure wattage.	1. How to make a homemade fire extinguisher. 2. How to make a first aid kit. 3. How to make playdough.	1. Make an insect net. 2. How to handle honey bees.	1. How to make a sandwich. 2. How to pack a picnic.
Project	Forestry, Wildlife & Fisheries	Goat	Horse	Horticulture/Garden
Demo Examples	1. How to plant a tree. 2. How to rig a fishing lure.	1. How to groom a show goat. 2. How to milk a goat.	1. How to braid a horse's mane. 2. How to clean tack. 3. Make a rope halter.	1. How to raise vegetables. 2. How to plant flowers.
Project	Leadership/Personal Development	Line & Design	Nutrition, Health & Fitness	Performing Arts & Recreation
Demo Examples	1. How to set a table. 2. How to set goals.	1. How to crochet. 2. How to draw. 3. How to origami. 4. How to make a bird feeder.	1. How to use a glucometer. 2. How to make a <u>healthy</u> snack	1. How to play an instrument. 2. How to clog.
Project	Photography	Plant Science	Poultry	Sheep
Demo Examples	1. How to take a digital photo. 2. How to frame and matte photos.	1. How to prune trees or shrubs. 2. How to graft fruit trees. 3. Build a terrarium. 4. Test moisture of grains.	1. How to candle eggs. 2. How to select birds for show.	1. How to shear a sheep. 2. How to groom a sheep for show.
Project	Swine	Veterinary Science		
Demo Examples	1. How to select a feed for your pig. 2. How to ear notch a hog.	1. How to give an animal a shot. 2. How to deworm an animal.		

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 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 & Posture

- Calm, pleasant, confident, at ease
- Good posture, faces the audience

Voice

- Volume, speed, tone, rhythm
- Clear pronunciation
- No long pauses or extra words (um, ah)
- Audible at all times, distinct, natural voice
- Enthusiastic, personality shows through
- Captures and retains 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 or 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

March 4, at the Lane Agri-Park Complex

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

Students in grades 6-12 will do an interactive exhibit board.

**Cash
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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**

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

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

Dates: June 28-July 2, 2027

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

**Register
Online
starting
April 1st**

**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



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.

