2013-2014 4-H MEMBERS HANDBOOK

4-H Is Four Times The Fun
By Wyatt Walker

4-H Is Sizzling!
By Riley Walker

SET SAIL WITH 4-H
By Garrett Hicks

Name ____________________________________________
School __________________________________________
Teacher / Leader _________________________________
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Benton County 4-H Clubs

OFFICE ADDRESS: 119B Cole Avenue
Camden, TN 38320

MAILING ADDRESS: 119 B Cole Avenue
Camden, TN 38320

TELEPHONE: 731-584-4601
FAX: 731-584-0332

WEBSITE:
http://benton.tennessee.edu/
http://4h.tennessee.edu/
Facebook U.T. Extension Benton County

OFFICE HOURS: 8:00 A.M.—12:00 noon 1:00 P.M.—5:00 P.M.
Monday - Friday

EXTENSION AGENT IN CHARGE OF 4-H:
Ms. Heather Deckard......Extension Agent & County Director
Mr. Jeff Roach...............Extension Agent
Ms. Melissa Sullivan........4-H Program Assistant
Wanda Stone...................Secretary

Dear 4-H’er:
Welcome to the LARGEST youth organization in the world! 4-H Club Membership is offered to you free from The University of Tennessee Extension. Being a 4-H’er is a great way to meet new friends, have lots of fun, and learn skills that will be part of the rest of your life. As a 4-H member in Benton County, you join 1000 other boys and girls in 47 clubs in 4 of the schools in Benton County. We’re glad you joined and HAVE A WONDERFUL YEAR.

4-H Fun Facts

THE 4-H EMBLEM:
The National 4-H Emblem is a green four-leaf clover with a white "H" on each leaf. The H’s stand for Head, Heart, Hands and Health. The four-leaf clover signifies "good luck".

THE 4-H COLORS:
Green and White.
White symbolizes purity and high ideals.
Green is nature's most common color and represents youth, life, and growth.

THE 4-H MOTTO:
"To Make The Best Better"
If practiced every day, 4-H’ers can really make a difference by trying their hardest to do the very best they can in everything they do.

THE 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,
Here's what we'll be doing this year.

EXPLORERS (4th Grade)

SEPTEMBER:
Teacher Packets
Fill out 4-H Enrollment Sheets
Elect Officers
Discuss year's activities

OCTOBER:
Bread Baking Contest p. 5
Start Work on Explorer Book
4-H Demonstrations may be given

NOVEMBER:
4-H Public Speaking Contest p. 6
Continue work on Explorer Books

JANUARY:
4-H Poster Contest p. 7
4-H Demonstrations may be given
Continue work on Explorer Books

FEBRUARY:
Photo Search Contest p. 8
Photo Search Entry Form p. 9
Chick-Chain Sign-up p. 10
Continue work on Explorer Books

MARCH/APRIL:
Community Service Project p. 11
4-H Camp Sign-up p. 11
4-H Fair Activities p. 12
-4-H Outdoor Meat Cookery
-4-H Country Ham Project
-4-H Market Hog Show
-4-H Chick Chain
-4-H Goat Show
4-H Demonstrations may be given
Explorer books due 3rd Friday of March

GRADERS 5-8

SEPTEMBER:
Teacher Packets
Fill out 4-H Enrollment sheets.
-Select projects for the year.
Elect Officers & discuss year's activities

OCTOBER:
Bread Baking Contest p. 5
Start work on 4-H Portfolio books
4-H Demonstrations may be given

NOVEMBER:
4-H Public Speaking Contest p. 6

JANUARY:
4-H Poster Contest p. 7
4-H Demonstrations may be given

FEBRUARY:
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-4-H Market Hog Show
-4-H Chick Chain
-4-H Goat Show
4-H Demonstrations may be given
Record books due 3rd Friday of March
OCTOBER

BREAD BAKING

October is the month for the 4-H Bread baking contest. So pull out your flour and rolling pins and get ready to cook! Bread baking is really simple and easy. With proper techniques and the right recipe, you can have a first-rate product.

We will designate a bread baking contest day to be announced in October.

WHAT YOU MAY BAKE:
4th graders - 3 corn meal muffins
5th & 6th graders - 3 biscuits
Junior High (grades 7-8) - quick loaf bread (bring whole loaf)
Senior High members (grades 9-12) - Yeast bread

(Suggested recipes or use your favorite recipe)

**CORN MEAL MUFFINS**

- 1 egg
- 1 1/2 c. sweet milk
- 1/2 c. bacon drippings or other shortening
- 2 c. self-rising corn meal
- 1 t. sugar

Heat oven to 450°F. Grease and heat muffin pans. Beat egg with fork. Add milk and shortening. Stir in meal and sugar and blend thoroughly. Pour batter into hot greased pans and bake 15 to 20 minutes.

**BASIC BISCUITS RECIPE**

- 2 cups sifted Self-Rising Flour
- 1/2 cup shortening
- 3/4 cup milk

Heat oven to 450° degrees. Cut shortening into flour until particles are like fine crumbs. Add milk and stir with a fork only until dough leaves the sides of the bowl. Turn dough out onto lightly floured board or pastry cloth; knead just until smooth. Roll dough out about 1/2-inch thick and cut with floured cutter. Place on lightly greased baking sheet. Bake 10 to 12 minutes. Makes 12-14 2-inch biscuits.

**BASIC NUT BREAD**

- 3/4 cup sugar
- 2 T. margarine, softened
- 1 egg
- 1/2 cups milk
- 3 cups all-purpose flour
- 3 1/2 t. baking powder
- 1 t. salt
- 3/4 cup chopped nuts


**RULES TO FOLLOW:**

1. Bake your bread yourself.
2. Use any recipe that you like, but don’t use mixes.
3. Read all instructions carefully and wash your hands before beginning.
4. Bring 3 biscuits or cornmeal muffins on bread baking contest day in October (date to be announced). (Suggestion - Choose bread that is evenly brown and texture is light.)
5. Bring bread on a paper plate with your name and teachers name on the underneath side of the plate.
NOVEMBER
4-H PUBLIC SPEAKING

There are 3 steps everyone must use in preparing a good speech. A good speech will have 3 basic parts:

INTRODUCTION This is your chance to greet your audience or more importantly, to get their attention. You will be stimulating their appetite by your first few words. Some ways to start are: Using a famous quotation, words or verses of a poem, a humorous story, or the definition of your title.

BODY This is the main part of your talk. It is the meat in your sandwich! This is the part where you bring out what you want the audience to know. You will hopefully not have any more than five main points. Avoid statistics and wordy information.

CONCLUSION This is the ending or summarizing part of your talk.
Some ways to end a speech are:
1) A brief summary of the main points of your speech.
2) Closing with a high note like a poem, quotation, or surprise statement.
3) Concluding with a challenge or
4) Concluding with a statement of your views on the subject.

GOOD SPEECH POINTERS . . .

1) Practice - Practice until you know your speech and feel comfortable giving it to others.
2) Your posture should be to stand straight and not stiff. Keep hands at side. Hand gestures should be natural not rehearsed.
3) Notes can be used but be sure they are on small cards. Do not read your speech.
4) Include 4-H in your speech some way as this is a 4-H speech contest.
5) Speak in a natural tone of voice but loud enough that everyone can hear you.
6) If you need assistance in preparing your speech, you can check the library, your parents, teachers, magazines, books, newspapers, or personal experiences.
7) Speakers should NOT begin by giving name and club, or by recognizing the "Honorable Judges, ladies and gentlemen, etc."

http://4h.tennessee.edu/

Western Region Public Speaking Guidelines

Guidelines for each grade level:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Topic</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th</td>
<td>Subject is open to the discretion of the speaker.</td>
<td>1-2 minutes</td>
</tr>
<tr>
<td>5th</td>
<td>Subject is open to the discretion of the speaker.</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td>6th</td>
<td>Subject is open to the discretion of the speaker.</td>
<td>3-4 minutes</td>
</tr>
<tr>
<td>7th &amp; 8th</td>
<td>Subject is open to the discretion of the speaker.</td>
<td>4-5 minutes</td>
</tr>
<tr>
<td>9th—12th</td>
<td>All speeches should relate, in some way, to the member's experiences in 4-H and/or things learned through 4-H. (It should be a promotional speech for 4-H)</td>
<td>5-7 minutes</td>
</tr>
</tbody>
</table>
JANUARY

4-H POSTER CONTEST

Can you draw? You don’t have to be an artist to enter the 4-H Poster Contest. Make a poster that is 14 x 22 inches. This is ½ of a sheet of poster board. Your poster must be about 4-H. Choose a catchy slogan or idea such as:

4-H is Popping with Ideas
4-H Pays Dividends
4-H is the Ladder to Success
4-H is "Sew" Fun
4-H is on the Right Track

Make your artwork relate to your slogan. You may use drawings, paintings, cutouts, etc. Do not use well-known figures such as Sponge Bob, Scooby Doo, Iron Man, etc., because they are copyrighted. Posters must read horizontal. Objects may not extend from poster. Do not use glitter. We encourage you to use the 4-H emblem, however, it cannot be obscured by photos, drawings, symbols, words or other figures or objects and cannot be used as a "watermark" behind other information. No exceptions. Be Creative!

On the Back of your poster, you must provide the following information: Name, Address, Phone, Age, School, Grade, Teacher

IT MUST READ HORIZONTAL
FEBRUARY
4-H PHOTO SEARCH CONTEST

Do you like to take pictures? Well here is your chance to show us what you've got. Enter the 4-H Photo Search Contest.

The rules are as follows.

1. Any 4-H member may submit entries. Photos must be taken by the member making the entry.
2. Each entry will consist of:
   * a print (no larger than 5 X 7)
   * a CD containing the photo in a digital format and/or the negative
An individual may submit multiple entries on a single CD as long as each entry is clearly identified and matched with its entry form.
3. A completed entry form must accompany each photo search entry.
4. Photos should relate to 4-H involvement. Entries may be a single photo or a series of no more than four (4) photos. A series may be "before and after" or "how-to-do-it" sequences.
5. Entries will be judged on quality and message. The picture might depict:
   * 4-H project work
   * 4-H exhibits, shows, fairs, etc.
   * 4-H leadership/citizenship
   * Leisure education, camp, etc.
   * Human interest and other

**All entries are due by the last Friday in February. Points will be awarded to each
4-H'ers club.
TENNESSEE 4-H PHOTO SEARCH ENTRY FORM
(Complete one entry form for each entry.)

NAME __________________________ AGE ______ DATE ____________

HOME ADDRESS ___________________________________________ SCHOOL GRADE ______

CITY __________________________ STATE __________ ZIP __________

4-H CLUB __________________________ COUNTY ______________________

CAPTION OR TITLE FOR THIS PHOTO _______________________________

NEGATIVE NUMBER/FILE NAME ______________________________________

Please tell about your 4-H Photo Search entry. What creative thoughts did you have when you took this photo? Note any interesting facts about making the photo, the people in it or information that others would find news worthy and interesting.

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

I give permission to UT Extension to use this photo in publicity, bulletins, etc. □ Yes □ No

(Note: THIS WILL NOT EFFECT THE JUDGING OF YOUR ENTRY. However, UT Extension is looking for photos to tell the 4-H story. This could give you extra recognition and help support 4-H.)

__________________________ ________________
4-H Member’s Signature Parent’s Signature

SEE BACK OF THIS SHEET FOR RULES
CHICK-CHAIN

The Chick-Chain project is very popular here in Benton County due to the fact chickens are inexpensive and do not require much room. If you decide to participate, you will receive 25 chicks in April to care for until fair time. When you receive the chicks, you will pay approximately $50-60. In August you will bring 6 of your birds to the fair. Birds will be judged and premium money and trophies will be given out to the winners. The 6 birds will be sold at auction and you will keep the proceeds.

**CHICKS MUST BE PAID FOR IN ADVANCE**
Only the first 25 applicants will receive chickens.
All others will be on a waiting list.

CHICK-CHAIN APPLICATION

This application must be turned into us before February 1. Mail to the following address:

Benton County 4-H
119B Cole Avenue
Camden, TN 38320

NAME __________________________________________

ADDRESS________________________________________ CITY ZIP ____________

PHONE NUMBER __________________________________________

HAVE YOU RAISED CHICKENS BEFORE ____YES ____NO

I hereby certify I will return 6 of the 25 chickens to the fair to keep the chick-chain going next year. If I order chicks and find I cannot participate, I will notify the 4-H Office so another 4-H'er may have the opportunity to participate.

_________________________ 4-H'ers Signature

_________________________ Parent's Signature
MARCH/APRIL
COMMUNITY SERVICE PROJECT

Learn by doing” has long been the 4-H slogan. One of the best activities to get involved with is 4-H Community Service Project. The purpose of this 4-H activity is to help teach citizenship and leadership through a group effort.

Really, community service can best be described as “giving of one’s individual efforts in terms of time, talents and service”. This project can be your group helping another club, family, school endeavor, needy individual or the community.

All members of your club should be involved with the project in some way. Planning, Service, Reflection, Celebration and Reporting are all important parts of the process of community service. Each one needs to be implemented to have a successful community service project.

If you have questions you can ask your 4-H agent or get online www.utextension.utk.edu/4h/sos for more information.

Awards will be announced at the end of school for the best community service projects.

Examples of Community Service projects:
• Your 4-H Club volunteering to help at the animal shelter and collecting items needed for the shelter.
• Volunteering to help at the Food Pantry and collecting items for the pantry.
• Volunteering to read or playing games at the nursing home and collecting items needed for residents.
• Sponsoring a child for a year.
• Planting plants in the community flower pots.
• Build a Outdoor Classroom for your school.

MARCH/APRIL
4-H CAMP SIGN UP

The W.P. Ridley 4-H Center has a beautifully landscaped 49-acre campus conveniently located just off James Campbell Blvd. (Hwy 50) near downtown Columbia.

Campers are housed in 10 air-conditioned contemporary-style cabins with clean bath facilities. Home-cooked, nutritious meals are served in the cool comfort of a 425-seat dining hall, and campers may always return for "seconds" at every meal. The camp is accredited according to the strict guidelines of the American Camp Association.

Campers may enjoy an Olympic-size, crystal-clear pool with a 120' figure-8 water slide, a lighted sports complex with softball field, volleyball and basketball courts. Other facilities include a wildlife center, covered rifle range, airbrush center, a creek for aquatic exploration, modern archery range with 3-D targets, low ropes course, and an 18-hole miniature golf course. For more information on the Center, please visit the website at http://www.utextension.utk.edu/ridley4hccenter/ or visit the Benton County 4-H website at http://benton.tennessee.edu for information and camp applications. This year Benton County 4-H Junior Camp (grades 4-6) will be held June 24-28, 2013 and 4-H Junior High Camp (grades 6-8) will be held July 1-4, 2013. Camp costs have not been set for next camping season yet; however, price will exceed $200. A payment plan will be available for camping fees.

Check with us on other summer camping opportunities such as, 4-H Target Smart (grades 5-12) July 1-4, 2013, 4-H OWLS Conservation Camp (date TBA), 4-H Line and Design (date TBA).
4-H Fair Activities
Benton County Fair 2014

4-H Outdoor Meat Cookery Contest
Learn how to grill safely. 4-H'ers will prepare a cut of meat in the categories of beef, poultry, lamb, or pork in a 2-hour time frame. Divisions will be junior, junior high and senior high. Practices will start in May.

4-H Country Ham Show & Sale
Learn the ham curing process by attending meetings at Clifty Farms Country Hams in Paris. You will cure two hams: keep one and place one in the Benton County Fair for the show and auction.

4-H Youth Market Hog Show & Sale
The Market Hog Show in Benton County offers 4-H'ers an opportunity to display an animal he or she has raised. In this activity 4-H'ers learn how to care for and feed a pig to market weight. The participant can check in up to 5 pigs, show 2 of the pigs at the show and sell 1 in the auction.

4-H Chick Chain Show & Sale
4-H'ers receive 25 chicks in April to care for until fair time when you will bring 6 birds to the fair to be judged. Chickens will be sold at auction.

4-H Goat Show
The 4-H Market Goat Show offers the opportunity to learn how to raise and care for goats. Participants may register 4 goats and show 2. Goats will be shown on a halter and must be owned by the participant by July 1.
4-H programs provide a variety of opportunities to learn, lead and serve, and they provide the setting for fun, lasting friendships and memorable adventures. Listed below are state-wide events and activities. Counties have their own unique programs and areas of emphasis, so please check your county’s website for more information.

What's going on . . .

**Beekeeping Essay Contest** — allows 4-Hers to use their writing and research skills in developing an essay on a beekeeping related topic. Cash awards are available to winners on the national level.

**Citizenship Washington Focus** — offers senior 4-H'ers the opportunity to experience hands on learning while having fun in our nation's capitol. Delegates stay at the National 4-H Center and tour many of the national monuments and tourist attractions around Washington, D.C. CWF is a great way to learn about national government through interaction. The workshops, assemblies, and committees assignments bring citizenship to life.

**4-H Electric Camp** — is a fun-filled, rewarding adventure in electricity for young people enrolled in grades 6-7. The camp features learning centers staffed by electric utility professionals.

**Junior High 4-H Academic Conference** — provides junior high 4-H'ers the opportunity to receive intensive training in their project area under the supervision of UT specialists and to explore related career opportunities.

**LifeSkills** — is a program for junior high youth enrolled in 4-H. The LifeSkills regional judging activity consists of centers that incorporate various subjects in Family and Consumer Sciences.

**LifeSmarts** — is an educational opportunity that develops the consumer and marketplace knowledge and skills of teenagers in a fun way and rewards them for this knowledge. LifeSmarts, run as a game show style competition, is open to all teens in the USA in the 9th through the 12th grade. Teams of teens compete online and in state matches, with the state winners going to the regional and national competition to vie for the national LifeSmarts title. Players win prizes such as savings bonds, products, certificates, t-shirts, hats, and other items.

**National 4-H Congress** — is a recognition event for Tennessee's state project achievement winners. Congress is held in Atlanta, Georgia and offers delegates the opportunity to learn news skills, experience Atlanta's culture and make new friends from across the nation.

Performing Arts Troupe — is a group of vivacious high school teens who love to sing and dance! Each year the troupe performs a variety of themed shows for conferences, conventions and various public events across the state. Visit the Web site to learn how to become a member or book a show.
Photo Search Contest — junior high and senior 4-H members have the opportunity to portray their 4-H involvement on film through the 4-H Photo Search activity.

4-H Poster Art Contest — offers 4-H members the opportunity to display their artistic talents through contests conducted at their local club meetings. Contestants can advance to win county, regional and state awards.

State 4-H Roundup — is a yearly event that recognizes the outstanding project work and leadership accomplishments of senior 4-H members.

State 4-H Sheep Conference — a family conference designed for those who want to learn about the 4-H sheep project. This two-day event held at the 4-H center in Crossville provides hands on learning experiences, as well as opportunities to meet and make new sheep friends from across the state.

State 4-H Target SMART Camp — for young people enrolled in grades 5-12, this camp teaches appropriate skills to succeed in a variety of shooting sports and related areas such as archery, riflery, shotgun use, muzzle loading, and outdoor skills. Programs emphasize safety, correct form, and responsible use.

4-H Shooting Sports — a volunteer-led program that teaches life skills through shooting sports. Youth learn safety and shooting techniques in the disciplines of shotgun, rifle, archery, muzzleloader, and hunting. This program is affiliated with National 4-H Shooting Sports.

4-H Summer Camps — there are a variety of summer camps available for young people in 4th to 12th grades.

• Electric Camp
• Target SMART Shooting Sports (grades 5-12)
• Academic Conference
• Junior Camp 4th-6th grade
• Junior High Camp 6th-8th grade
• O.W.L.S. Conservation Camp
• Line & Design Camp

Tennessee 4-H Congress — 4-H'ers experience the day-to-day functioning of state government by assuming the roles of state representatives and senators.

Public Speaking - Is for young people grades 4-12. Contest are held on local, county, area, regional and state levels. The 4-H communication/public speaking project will help you learn to express yourself in a variety of ways, from speeches to written communication.

Honor Club - is organized statewide and provides recognition, primarily within counties, of junior high 4-H members who have demonstrated consistent leadership ability and have been active members in their clubs and communities. This is for members 7th - 12th grade.

Judging Teams - for junior high and high school members who would like to be involved in a team setting and compete against other counties in different knowledge areas. Examples are as follows: horse judging, livestock, land, forestry, wildlife, lifeskills, consumer decision making, dairy products, outdoor meat cookery and meats judging.
Benton County 4-H Clubs are partially funded by:

United Way of Benton County

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.