Overton County
Rickman 4-H
Handbook
– 4-8th Grade - Please have at every meeting

2016-2017

Rules and Guidelines for 4-H Programs

*Student Addition

Your Name______________________________________

Teacher __________________________________________

Publicity Release

Please be advised that your child may be photographed or videotaped at various 4-H Events. Overton County 4-H is proud of the members and would like to share photos on social media to market the 4-H program and recognize outstanding youth. By participating in 4-H events, you authorize the UT Extension Office in Overton County to publish photos, videos, and/or recordings. If you do not want your child to publish photos, videos, and/or recordings, please contact the extension office.

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.

Real. Life. Solutions.
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RICKMAN Elementary Schedule

These are the current dates scheduled at Rickman. The dates are subject to change based on weather, testing, or teacher discretion. It is up to the teacher whether the things at the meeting are for a grade or not. It is expected that everyone participate in the poster, speech, and demonstration contests. Feel free to take the contest page home. We hope you have fun while learning more about 4-H this year.

1. **1st Meeting (9/20-22)**- 4-H Enrollment, What is 4-H? Electing 4-H Officers, 4-H Poster Contest information how to communicate informally
2. **2nd Meeting (10/26-28)**- Poster Contest Due, Where’s the beef?, 4-H Speech Contest information, Talk about Chick Chain and Summer Camps
3. **3rd meeting (11/9, 10, 15)**- Speech Contest, Everyone must have a speech!, We will collect any chick chain money this day and applications, Talk about 4-H Clover Bowl; Chick Chain Applications CAN be turned in up until December 10th at the Overton County Extension Office
4. **4th Meeting (1/23-25)**- Mini Clover Bowl Contest, How to do a demonstration? Bring any camp payments here so you don’t have to go to the extension office.
5. **5th Meeting (2/22-25)**- Demonstration day: Give a speech while demonstrating how to do something. Must be a prepared demonstration. You must provide your own supplies. This is our last meeting.

https://www.facebook.com/OC4HTN | Snapchat & Instagram: @OC4HTN | www.overton.tennesee.edu
Welcome to 4-H

Dear 4-H Members and Parents,

As the 4-H Agent here in Overton County, I will be leading 4-H’ers in club meetings and events this school year along with other adult and teen volunteers. 4-H is a 501(C)(3), a nonprofit, that visits students (aka 4-H’ers), to provide hands on learning opportunities. We bring new experiences that created well educated leaders while expanding on the educational standards by the state. Our program is part of the youth program of The University of Tennessee. Parents can become part of the program by volunteering after they contact us.

As a member of 4-H, you will have learning experiences with assignments to complete outside the club and bring to future meetings. The club experiences focus on communication skills to help you as you become involved in the overall 4-H experience. When you are involved outside of your school, you may be involved in 4-H camps, judging teams, conferences, volunteering and service work. From time to time, option extra activities are offered. For more information on optional activities, please fill out the “For More Information” page at the end of the handbook.

Sincerely,

Miss Nicole
nmarerro@utk.edu
Extension Agent 1:4-H

Contact Information

Overton County Extension
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Livingston, TN 38570
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www.overton.tennessee.edu
www.facebook.com/oc4htn
Instagram & Snapchat: @oc4htn or #oc4htn

To get more information on all that TN 4-H has to offer, or to get official guidelines and rules to 4-H programs visit the TN 4-H Website for extra info:

www.4h.tennessee.edu
A 4-H Member

4-H is a unique experience for youth as well as for parents. Understanding the purpose of the program and knowing what is expected of a 4-H member will help parents effectively assist their child. Tennessee 4-H Youth Development has the goal of meeting basic youth needs and to guide them in acquiring life skills through planned “learn by doing” experiences. The 4-H program provides opportunities and a variety of experiences through project work. Involvement in the program develops leadership and citizenship skills as well. Trips and scholarships are available for those that put forth the extra effort. It is the responsibility of the 4-H member to get involved and to take advantage of the diverse learning experiences and opportunities provided in the Tennessee 4-H Youth Development program.

Youth will have a quality 4-H experience if they do the following:
- Complete and turn in a 4-H enrollment form each year.
- Select a 4-H project of their interest.
- Read 4-H project materials.
- Attend and participate in 4-H club meetings and activities.
- Attend and participate in county, regional and state activities, events, and educational programs as much as possible.
- Help plan and support 4-H club activities such as community service projects, exhibits, workshops, demonstrations, etc.
- Read 4-H mail that is sent home. Check websites (county, region and state) for updates and opportunities.
- Keep parents informed about 4-H club meetings, projects and activities.
- Keep a current 4-H calendar of meetings and activities. Ask parents to remind them of upcoming events and due dates.
- Ask parent or other adult to serve as a 4-H project “home helper” to assist with 4-H project.
- Serve as an officer of the club or on a committee when asked – better yet… volunteer!
- Take an active part in the 4-H club meeting.
- Prepare a written record of 4-H project work and turn in to the 4-H club leader at the appropriate time.
- Share a hobby, skill or interest with other 4-H club members during a meeting.
- Find out about opportunities available in 4-H – ask agent! Share interest and goals with 4-H agent. They can help youth find new opportunities and 4-H experiences.
- Help younger 4-H members – share experiences and skills.
- A 4-H member is responsible for their conduct at all times. They should conduct themselves in a manner that would be a credit to them as an individual, their family, the 4-H club, the county and the state.
4-H Basics

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, and Health

4-H Project Area
A 4-H Project Area is the area you focus on in 4-H. It is often referred to as a hobby or your area of interests. There are 26 project areas in TN 4-H. It is a great idea to pick one project area to focus on throughout the year.

Judging Teams and Activities

What’s a judging team? Three or four 4-H members come together to make a team. Members might be ranking animals or products as to quality, identifying items, and making decisions as individuals. The scores of each member are then compiled together as a team score. Coaches will provide training and practice sessions to help you learn about the contest and how you will judge in the event. Grade requirements vary from contest to contest.

Sign Up at the Extension Office if interested or by e-mailing us at nmarrero@utk.edu.

- Judging Animals: Livestock, Dairy, Poultry, and Horse are the options. Members are asked to place animals 1st, 2nd, 3rd, and 4th.
- Consumer Decision Making Judging: Everyone is a shopper and this event works well with every 4-H project.
- Outdoor Cookery: Grilling is a popular way to prepare meat and poultry. Learn how to compete by learning best grilling techniques.
- Clover Bowl: Do you enjoy quiz bowls? Even if your class is not participating, you can join a county team. 4-Hers become more knowledgeable in the areas of 4-H, Tennessee, Agriculture and Family and Consumer Sciences through the 4-H Clover Bowl Contest.
To receive a 100% Participation Award, Each 4-H’er must fulfill 4 of the 6 requirements in their classroom club.

1. Present a Speech
2. Present a Demonstration
3. Participate in Clover Bowl
4. Turn in a 4-H Poster,
5. Judging Teams, Specialty Camps, Livestock Shows
6. Participate on the Overton County 4-H’s Facebook Contests

4-H’ers with 100% Participation will:

★ Receive a certificate
★ Be entered in a drawing for a partial Camp Scholarship

Winning 4-H Club of the Year classes in each grade 4th-8th will receive a pizza or ice cream party.

New for this Year!

Golden Clover Award

Any 4-H’er that achieves 100% participation in their classroom AND participates in two County Contests: Either County Public Speaking, Demonstration Contests or Clover Bowl will receive the Golden Clover Award.
100% Participation Award

To receive a 100% Participation Award, Each 4-H'er must fulfill 4 of the 6 requirements in their classroom club. Keep Track of it here.

Name: ______________________________ Grade: ________________

Teacher: ______________________________ School: ______________________________

Which 4-H camp would you like to attend & why? ______________________________


1. Present a Speech: ____________________________________________
   (Speech Title & Date here)

2. Present a Demonstration or Educational Display: ______________________________
   (Title & date)

3. Participate in Clover Bowl: ____________________________________________
   (Team name & Teacher)

4. Turn in a 4-H Poster: ____________________________________________
   (Poster Theme & date turned in)

5. Get involved in the following: Judging Teams, Specialty Camps, & Livestock Shows
   ____________________________________________
   (What you participated in & when?)

6. Participate on the Overton County 4-H’s Facebook Contests
   ____________________________________________
   (Name of Facebook Contest & Date)

Did you do 4 of the 6 things above? Be sure to turn it in this page to show your involvement at the last meeting to receive your certificate & be entered into the 4-H drawing for a free trip to a 4-H Camp!
### 4-H Club Meetings Score Sheet

Winning 4-H Club of the Year classes in each grade 4th-8th will receive a pizza or ice cream party.

This year your class can win the possibility of an ice cream or pizza party based on everyone’s involvement in 4-H. Keep track of everyone’s involvement on the 4-H Club Meeting Score Sheet. It is your classes’ responsibility to turn in the score sheet to compete against the other classes.

<table>
<thead>
<tr>
<th></th>
<th>1st Meeting</th>
<th>2nd Meeting</th>
<th>3rd Meeting</th>
<th>4th Meeting</th>
<th>5th Meeting</th>
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</thead>
<tbody>
<tr>
<td><strong>Call to Order</strong></td>
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<td>(10 points)</td>
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<td><strong>Minutes/Roll Call</strong></td>
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<td>(10 points)</td>
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<td><strong>Pledges</strong></td>
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<td>(10 points)</td>
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<tr>
<td><strong>Thought of Month</strong></td>
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<td>(5 points)</td>
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<td><strong>Contest Participation</strong></td>
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<td>(figured on % with 500 points)</td>
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<td><strong>Teacher Present</strong></td>
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<td>(20 points)</td>
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<td><strong>Good Behavior</strong></td>
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<td>(10 points)</td>
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<td><strong>Service Project</strong></td>
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<td>(200 points each) NO MAX!!!</td>
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<td><strong>TOTAL</strong></td>
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Formula used for scoring purposes (example): If 17 youth out of a class of 20 participate in Public Speaking then the score for Contest Participation will be figured as follows:

\[
\frac{17}{20} = 85\% 
\]

Therefore, 500 points x 85% (.85) = 425 points.

100 additional bonus points will be awarded to classes with FULL participation in contests equaling 600 points for each contest.
Thoughts for the Meeting

Each Meeting follows the 4-H Club Meeting Outline. The thought of the month can be read aloud by any chosen 4-H Member. It will not be read out loud until the second meeting.

1st Meeting: “You’ll never do a whole lot unless you are brave enough to try.” - Dolly Parton
2nd Meeting: “Don’t make excuses, make improvements.” -- Tyra Banks
3rd Meeting: Life’s most persistent and urgent question is, “What are you doing for others?” -- MLK
4th Meeting: When the whole world is silent, even one voice becomes powerful. -- Malala Yousafzai
5th Meeting: “You can’t always be the strongest or most talented or most gifted person in the room, but you can be the most competitive.” — Pat Summit
6th Meeting: “The best way to guarantee a loss is to quit.” — Morgan Freeman

2016-2017 Community Service Project

Overton County 4-H Clubs are encouraged to get involved in doing activities that would benefit other people in their communities. The county wide 4-H Service Projects include the things below. You can design your own if you like for your class!

- **October**: Fall-O-Ween Candy Collection
- **November**: Letters to a Veteran
- **December**: Christmas Angel Tree for Senior Citizens
- **January**: Coke Can Tabs for Ronald McDonald House
- **February**: Valentine’s Cards and gifts for Seniors
- **March**: Congress Collection
- **April**: Teacher Appreciation Day Gifts
- **May**: Summer Camp Supply Collection

Service Learning Project

Take what you have learned in your project, and find a way to help others with your knowledge. Team up with your club members or friends to plan a service project to help your community, the environment, your school, a beneficial cause, etc. Make a difference!
4-H Club Meeting Outline

PRESIDENT: I now call this 4-H club meeting to order. I will turn the meeting over to the First Vice President.

VICE PRESIDENT: Everyone please stand and repeat the Pledge of Allegiance, led by_________________ (4-H members say pledges) and the 4-H Pledge led by__________________.

**Have them lead the pledges

VICE PRESIDENT: Our thought for today’s meeting will be read by__________________________.

(Read thought for today’s meeting)

PRESIDENT: The secretary will call the roll and read the minutes of the last meeting.

SECRETARY: ROLL CALL

SECRETARY: The minutes of the last meeting are as follows:

PRESIDENT: Are there any additions or corrections to the minutes? If not, the Minutes stand approved as read.

PRESIDENT: I now turn the meeting over to the 4-H Agent.

4-H AGENT: Turn over to President

PRESIDENT: Is there any more business to come before the club? If not, do I hear a motion to adjourn?

CLUB MEMBER: I move to adjourn.

PRESIDENT: Is there a second to the motion that We adjourn?

CLUB MEMBER: I second the motion.

PRESIDENT: The motion has been made and seconded that we adjourn. All in favor signify by saying “I”. All opposed say “No’ MEETING ADJOURNED.
4-H Officer Responsibilities

**PRESIDENT:**
1. Announce each meeting three days ahead of time and encourage members to participate in the program and monthly activities: (public speaking, demonstration contest, clover bowl, photography, baking, etc.)
2. Check with other officers and make sure that they are prepared for the program.
3. Make sure the vice president is notified ahead of time if the president will not be at the meeting.
4. On the day of the meeting, see that the classroom is ready.
5. Must participate in ALL IN SCHOOL CONTESTS.

**VICE PRESIDENT:**
1. Assign club members (other than officers) for the following duties -
   Lead the Pledge of Allegiance, 4-H Pledge, and read the thought of the meeting.
   Make sure these people know they have these assignments.
2. The Vice-President will preside in the absence of the President. (Please refer to president’s duties).
3. Encourage 4-H’ers to participate in the contest
4. Must participate in ALL IN SCHOOL CONTESTS.

**REPORTER:**
1. The Reporter will be in charge of turning in Service Project Reports to the 4-H Agent each month.
2. Bring a pencil and paper to the meeting to write a news article about the major service projects the class completes and people who participated in the contest. Must e-mail it to Miss Nicole at nmarrero@utk.edu.
3. Must participate in ALL IN SCHOOL CONTESTS.

**SECRETARY:**
1. Call the roll to keep the permanent record of the club.
2. Take notes (on your own paper) during the meeting and then write an accurate story of the meeting soon afterwards in the Secretary’s Record Book. Include: date, time and place of meeting, contest participants and winners, plus special reports or program activities.
3. E-mail meeting information to Miss Nicole at nmarrero@utk.edu.
4. Read the previous month’s minutes at each club meeting.
5. Must participate in ALL IN SCHOOL CONTESTS.

**SAMPLE MINUTES:**
The first regular meeting of Mrs. Teacher’s 5th grade 4-H club was held Wednesday, October 15 at the Example Elementary School at 11:00 a.m. The 4-H agent, met with our club to help organize for the school year. We enrolled in 4-H and the agent discussed ways to become more involved in 4-H. We elected the following 4-H officers for the school year: ...During our next meeting in November, 4-H speeches are due.
4-H Project Area

For active 4-H members, picking a project, or an area of interest, help them focus on something they are interested in. Project work not only increases a 4-H’ers knowledge of a particular subject of interest to them, but project work can also prepare them for a career in that field, such as veterinary science. Scholarships, prizes, awards, & special recognition are also the rewards for project work. Pick 1 of the project areas to focus on in your in school contests.

1. Beef*: Learn to select, manage, market & show cattle.
2. Citizenship: Increase your ability to value others & to be a good citizen of your local, national, & global communities.
3. Clothing & Textiles: Acquire the skills & knowledge necessary to plan, select, make, assemble & care for suitable clothing for school, work & social events.
4. Communication/Public Speaking: Express yourself in a variety of ways in this project! From speeches to written communication, you will have the opportunity to learn important skills that you will use for the rest of your life.
5. Companion Animal (dog, cat, & rabbit): Develop proficiency in the selection, care & training of a dog or other small animal for personal or family enjoyment.
6. Computers & Technology: Using computers & technologies, explore the world of animated presentations, interactive Web sites, geographic information systems (GIS), global positioning systems (GPS), robotics & video editing.
7. Consumer Education/Economics: Become a good consumer as you explore smart shopping, income & expenses, saving money, credit & needs vs. wants.
8. Dairy*: Get involved & learn skills involving the selection, production, management, health & showing of dairy animals.
9. Electric: Acquire knowledge & skill about the exciting world of electricity through this 4-H project. Atoms & electricity, current, voltage, generating electricity, electrical circuits, applications & using electricity safely.
10. Engineering/Safety Science: Gain knowledge about safety & a variety of engineering areas from bicycles & lawn mowers to leaf blowers & tractors.
11. Entomology/Beekeeping: Discover the exciting world of insects & their arthropod relatives. Learn about bees & insects found in the soil, on plants, in homes, on pets, & in other secret places.
12. Environmental Science/Conservation (Forestry, Wildlife & Fisheries): Explore fish & wildlife & the habitats in which they live. Check out outdoor sports, such as fishing & hunting. Learn about forests & how they contribute to people & wildlife.
13. Food Science: Gain know-how about food safety & food science. Learn how food goes from the farm to your table. Also learn how to safely prepare foods for yourself & others.
15. Horse: Develop skills through educational activities such as horse judging, horse bowls, hippology, speaking contests. You don’t have to own a horse to be involved.
17. Leadership/Personal Development: Learn how to work with & lead others at home, at school, & in the community.
18. Line & Design: Practice your art, crafts & interior design skills -- & learn new tools, techniques & craft -- as you express your creativity in the line & design project.
20. Performing Arts/Recreation: Express yourself creatively though dance, music & drama in 4-H performing arts. Explore the recreation project activities such as hobbies, games, collections & outdoor adventures.
22. Plant Science: Increase your knowledge about how food & fiber are produced. Explore soils, plants, crop production & more.
23. Poultry: Become proficient in knowing how chickens from the egg to the table. Get involved in embryology, poultry judging, growing & managing a small flock of chickens & chicken barbecue programs.
24. Sheep*: Gain skills & knowledge regarding the selection, production, management, marketing & health of sheep & wool production.
26. Veterinary Science: Explore animal health & behavior, & how modern veterinary practices increase animals’ health, comfort, recreation & livestock values.
4-H Poster Art - 4-12th grades (Due: 2nd Meeting)

GOAL: To learn the importance of communicating visually.

Rules
1. Only one 4-H’er may work on a poster. One entry per member.
2. The poster must be 14x22 inches and used horizontally.
3. Your poster must say something about 4-H - it should have a short, catchy title or theme and artwork to illustrate your idea.
4. Must have one 4-H Clover on it like the one below. Can be hand drawn or printed.
5. Put your name, teacher, school, phone number, and grade ON THE BACK OF THE POSTER.

100% Member Assignment
4-H Posters may count towards class grade and will contribute to 100% Participation Award. Due:

Do Not Use...
- well-known cartoon figures
- anything that sticks out 1/8” or more
- small pictures that are hard to see
- crowded lettering and artwork
- loose glitter
- letters or artwork on top of the clover
- letter printed vertically
- Mixed Up colors within the same word

Use these tips for a winning poster!
Be Neat.
Use color.
Use simple words and messages. Use 4-H in the title!
Use lightly penciled guidelines for letters (top and bottom.)
Make your lettering easy to read with the smallest letters at least one inch tall.
Be creative - try to come up with an idea that no one else has used. You can find ideas on the State 4-H website from previous winners:
https://4h.tennessee.edu/Pages/stcong/poster.aspx
Check out the scorecard at
https://4h.tennessee.edu/forms/acrobat/f627.pdf

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Check out the scorecard at
https://4h.tennessee.edu/forms/acrobat/f627.pdf
**4-H CHICK CHAIN Application (Can be turned in at 2nd meeting)**

Each year Overton County 4-H distributes groups of 15 chicks to 4-H members who are able to raise them. For a **$30.00** deposit, you would receive 15 chicks in February and a t-shirt, raise and feed the birds, and then return 3 pullets to the 4-H Poultry Show and Sale in July/August. The remainder of the birds are yours to keep.

If you would like to raise chicks, you **must** meet the following requirements:

1. 4-H’er must have filled out a 2016-2017 Overton County enrollment form.
2. First time 4-H Chick Chain participants are required to attend a Poultry 101 class.
3. 4-H’ers must pay a $30 deposit.
4. 4-H’er must keep a record book. 4-H’ers are required to turn in a minimum of a 5 sentence paragraph stating why the chick chain was important to them and what they learned because of the project.
5. 4-H’ers must participate in our group poultry service project at the fairgrounds OR join the 4-H Poultry Judging Team.
6. 4-H’ers must bring back 3 pullets to the 4-H sale that will occur in July/August 2016.
7. If a 4-H’er does not bring back their 3 pullets, **they will forfeit their $30 deposit PLUS the average sale of 3 pullets at the 2017 auction**. Failure to pay back the average of the 3 pullets and comply with the agreements above will result in the 4-H’er being ineligible to participate in future chick chain program.

**NOTE: PENALTY FOR NOT BRINGING PULLETS TO THE SHOW AND SALE**

The income from the pullet sale is used to buy chicks for the next year and keep the chain going. If you do not bring your pullets to the 4-H Poultry Show and Sale in September, you will be responsible for paying the average sale price for the pullets.

Failure to meet these conditions will result in disqualification from future chick chains.

The number of chicks are limited. If the 4-H’er wants to receive chicks this year, please detach and return this form with the payment **NO LATER THAN December 10, 2016**. Please mail to:

UT Extension
Nicole Marrero
317 E. University ST, SUITE 16
Livingston, TN 38570

Questions? Call me at **931-823-2735** or e-mail me at nmarrero@utk.edu.

---------------------------------------- DETACH HERE ----------------------------------------

**First Name:** __________________________ **Last Name:** __________________________ **T-Shirt Size:** __________

**MAILING ADDRESS:** _________________ **CITY, ST:** __________________________ **ZIP:** __________

**HOME PHONE:** (____) — ________ — ________ **CELL PHONE:** (____) — ________ — ________

**SCHOOL:** __________________________ **TEACHER:** __________________________ **Grade:** ________

**4-H’ers Signature:** __________________________ **Parent’s Signature:** __________________________

**Preferred Breed** *(Circle one only)*: Rhode Island Reds Black Sex Links Barred Rocks

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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Do you have adequate facilities to raise chickens?

Did you participate in the chick chain before?

Do you agree to follow the guidelines of the contract?

Do you agree to return 3 pullets to the auction?
4-H Public Speaking Contest (Due: 3rd Meeting)

Categories of Speeches

To inform, explain, or teach: It is a share facts speech.

To persuade or convince: Your goal is to change how the audience thinks or feels about something.

To inspire or motivate: Your goal is to encourage & uplift audience. Audience should feel happy or excited after speech.

To entertain: This speech is meant to make people have fun & laugh.

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. Your teacher must preapprove your topic! Sample topics are:
   * 4-H
   * your hero
   * your hobby
   * community issues
   * the environment

2. Know Your Audience: Speak about something that interests you & your classmates.

3. Outline: Create an outline of the major points of you 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.

All speech contest participants must turn in a note card with their name, their teacher's name, grade, and their phone number to ensure that we enroll you in the county contest if you win.
How to Present a Great Speech

Length: 4th Grade Speeches should be 1-3 minutes, 5th Grade Speeches should be 2-5 minutes, and the 6th - 12th speeches should be 2-7 minutes.

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 & 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 & interested in your speech.
4. Stand up tall, hold your notes at chest height, not in front of your face.
5. You can walk while presenting your speech.

Gestures & Expressions: Expressions are a powerful addition to any speech. N O P R O P S.
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 & excited about your speech.

Write it out. Don’t read your speech, but do have notes on 3 x5 inch note cards to help guide you if you get lost.

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!!!
Clover Bowl Contest 4-8th Grades - 4th Meeting

GOAL: To gain skills in teamwork and critical thinking by answering questions through a quiz-a-tron system.

4-H Clover Bowl is to test your knowledge in different Extension Topics: Tennessee History, 4-H, Agriculture, and Family and Consumer Sciences. If you want to form a team, ask your leader when you can participate. Don’t have enough people in your grade to form a team? Ask your agent if there are other kids looking for teammates in the county!

Questions and contest rules are printed in the Clover Bowl Handbook. Each 4-H Team should have 4 members on it to go to the county contest. Four teams will advance to the Central Region Contest consisting of a 4, 5, 6, 7/8 at TTU in May. Get a head start by Googling 4-H Clover Bowl or Check out the handbook online:

https://extension.tennessee.edu/eastern/Pages/4-H-Clover-Bowl.aspx

Topics include:

☆ Tennessee History
☆ 4-H
☆ Agriculture
☆ Family and Consumer Science

QUICK BOWL

Even if your class does not participate, you still can! Just call the Extension Office or E-mail Miss Nicole and she will have you join a county wide team.

4-H Snow Day Photo Contest 4-12th Grade

Goal: To Gain Skills In Communicating Visual Messages Through Photography.

RULES:

★ The pictures entered must be taken by the 4-H Member and NOT a picture of the 4-H’er.
★ Any type of camera is acceptable, as long as your picture can be e-mailed to nmarrero@utk.edu.
★ The picture must be taken on the day of the contest.
★ In the e-mail, include your name, school, teacher, and grade.
★ Editing digital photography is acceptable. Examples: black and white, sepia, collage, color effects, etc.
★ Entries will be judged on neatness, following the rules, quality of photo.
★ Be creative and have fun.
★ Placing’s: 1st, 2nd, and 3rd. Winner’s get a framed copy of their photo.
★ Check out this website for a few basic photography tips: http://goo.gl/m7qxWv

Any time there is school closes due to weather, we have a photo contest! Photos will be posted on the Overton County 4-H Facebook page.
Camps / Conferences

4-H Members in 4th-6th grades can attend Junior 4-H Camp in Crossville, TN at the Clyde M. York 4-H Center. Camp offers youth the opportunity to canoe, fish, swim, compete in contests, make crafts, study wildlife, learn safety techniques, and play various sports and games. Camp is June 19-23, 2017 and will cost $300 which includes lodging, meals, and transportation. Fundraisers are offered throughout the year to help pay for camp. You can sign up for 4-H camp at any time and set up a payment plan by visiting the Overton County Extension Office.

Junior High 4-H Camp
Join other Middle TN 4-H’ers at Clyde York 4-H Center in Crossville for Jr. High camp. 7th-8th graders can start the summer off with an adventure by zip-lining, archery, swimming, canoeing, fishing, and much more. Camp is May 29 to June 2nd. You can sign up for 4-H Junior High Camp at any time and set up a payment plan by visiting the Overton County Extension Office.

Electric Camp
Electric camp is a fun-filled, rewarding adventure in electricity held at the University of Tennessee, Knoxville. The camp features learning centers staffed by electric utility professionals. Each learning center will use hands-on activities that allow 4-H members to learn by doing. Electric camp is offered to 6-7th graders held on June 27- 30th.

Academic Conference
Apply to attend Academic Conference for 6-8th graders held at UT Knoxville—includes trip to Dollywood—and focus on your 4-H project. Application is on the TN 4-H website. The conference will be held in June. Deadline to apply is March 1st. Academic Conference will be held June 13-16th.

Design Camp
At Design Camp, you will learn about clothes, shopping, designing, and creating crafts, and more. Design camp has been very popular and typically has a waiting list, apply early! The camp is in July.
4th & 5th Grade 4-H Demonstration Contest - 5th meeting

You finally get to share what you have learned on your own with others. Give a demonstration teaching on one simple project area.

**What is a demonstration?** A demonstration is a talk that shows step by step how to do something while telling someone how to do it. It's like a speech but instead you must use visual aids. Posters, models, and examples are all visual aids.

**Step 1:** Pick a 4-H Project area. 4-H Project areas are listed on Page 5. Tell your teacher your idea and get it approve.

**Step 2:** Create a speech like you did at the 3rd meeting, with a beginning, middle & end, which teaches the classes about something you have learned or know how to do. Make sure it is something that you have done before so you can practice good eye contact.

**Step 3:** Practice it and time it to make sure it is in the time limit. Do not do your demonstration for the first time the day it is due.

There are a few rules:
- Demonstrations must relate to a 4-H topic (project) listed above.
- Time Limit—1-2 minutes at Club Level and 2-5 minutes at County Level.
- Must be an individual demonstration—no teams and no assistance from classmates.
- No live animals or anything that is not allowed in school.

This year there will be a COUNTY CONTEST. 1st & 2nd place winners in each class are guaranteed a spot at the county contest. Additional Winners may be selected. 4th & 5th graders will compete against other people in their same project area.

All participants must turn in a note card with their name, project title, their teacher’s name, grade, and their phone number to ensure that we enroll you in the county contest if you win.

Due: February 14th
Meeting 5: Share Your Project with a Table-Top Show & Tell (6-8th Grade)

Goal: To practice combining verbal & Visual Skills to Communicate a message.

The final meeting will be used as a time to show and tell each member's involvement in a 4-H project, a club, a sport, a subject in school, a career you are interested in, or an activity that you do. You will use a “science fair” tri-fold board and a 3x3 area on a table to make a display of your project. You will present it to your classmates with a 1-2 minute speech and then people can ask questions about your display.

★ Step 1: What are you going to do your display on? Or is it over a sport you play or a club you’re in? Pick a project area as listed on page 5.
★ Step 2: Write a 1 to 2 minute speech over the subject.
★ Step 3: Create a Display that helps explain what you are talking about to an audience. Pick out any props you will want to put on the table around it.

Rules:
- Exhibits must be displayable on a 3’x3’ table top. The area from the table top to the floor may also be utilized.
- Exhibits should be "free standing," A tri-fold (science-type board) works well. You should not use the scientific method terminology for this exhibit.
- Give a brief oral explanation of your exhibit: practice great public speaking skills.
- Use color, bold lettering, and keep it simple. Construction paper works well as a background to items placed on the board. Don’t forget to include props on the table itself when needed to “get your message across.”
- Bring your table-top to your club meeting to earn points for 100% member.

1st and 2nd place winners are guaranteed to move onto the county contest. The county contest will have 6th-8th graders all competing against each other in similar project areas. All participants must turn in a note card with their name, project title, their teacher’s name, grade, and their phone number to ensure that we enroll you in the county contest if you win. Due: 5th Meeting:

Project Ideas

**Electric Demonstration**
To compete for the 4-H Electric Camp Scholarship, 6th and 7th graders must compete in the Electric Category!
Projects
2. Beef
3. Citizenship
4. Clothing
5. Communication/Public Speaking
6. Companion Animal (dog, cat, rabbit)
7. Computers & Technology
8. Consumer Education/Economics
9. Dairy
10. Electric
11. Engineering/Safety Science
12. Entomology
13. Environmental Science/Conservation (Wildlife, & Fisheries)
14. Food Science
15. Goat
16. Horse
17. Horticulture/Garden
18. Leadership/Personal Development
19. Line & Design
20. Nutrition/Health/Fitness
21. Performing Arts/Recreation
22. Photography
23. Plant Science
24. Poultry
25. Sheep
26. Swine
27. Veterinary Science

Topics/Ideas
Items needed to show an animal
How to conduct a service project
How to sew, knit, or crochet
Proper use of note cards
Day-to-Day care of your pet
How to design a video or website
Making a budget
How to show a dairy animal
Use of electrical appliances
Bicycle or ATV Safety
Collecting butterflies/insects
Build a birdhouse (Forestry,
Where food comes from
How to care for goats
How to clean horse tack
How to plan a shade garden
Career options
How to decorate/crafts
Exercise and healthy food choices
How to play an instrument
Camera care
Make a terrarium
Care for baby chicks
Showing lambs/Care for lambs
Swine nutrition
Prevent sickness in animals
## Rickman Schedule

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Loftis &amp; Budzilek TG</th>
<th>All 6th Grade, Miller TG, McCormick, 7th and 8th grade</th>
<th>Savage &amp; Richardson TG</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting Dates</strong></td>
<td>Thursday, October 27, 2016</td>
<td>Friday, September 23, 2016</td>
<td>Tuesday, September 20, 2016</td>
</tr>
<tr>
<td><strong>1st Meeting</strong></td>
<td>Wednesday, September 21, 2016</td>
<td>Friday, September 23, 2016</td>
<td>Tuesday, September 20, 2016</td>
</tr>
<tr>
<td><strong>2nd Meeting</strong></td>
<td>Wednesday, October 26, 2016</td>
<td>Thursday, October 27, 2016</td>
<td>Friday, October 28, 2016</td>
</tr>
<tr>
<td><strong>3rd Meeting</strong></td>
<td>Wednesday, November 9, 2016</td>
<td>Thursday, November 10, 2016</td>
<td>Tuesday, November 15, 2016</td>
</tr>
<tr>
<td><strong>4th meeting</strong></td>
<td>Wednesday, January 25, 2017</td>
<td>Monday, January 23, 2017</td>
<td>Tuesday, January 24, 2017</td>
</tr>
<tr>
<td><strong>5th meeting</strong></td>
<td>Wednesday, February 22, 2017</td>
<td>Thursday, February 23, 2017</td>
<td>Friday, February 24, 2017</td>
</tr>
</tbody>
</table>

**SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-7:30</td>
<td>Set up and answer questions</td>
</tr>
<tr>
<td>7:45-8:35</td>
<td>1st block 6th grade in Qualls</td>
</tr>
<tr>
<td>8:35-9:10</td>
<td>Travel time from 6th to 4th</td>
</tr>
<tr>
<td>9:10-9:55</td>
<td>Loftis- 5th grade travel group</td>
</tr>
<tr>
<td>9:55-10:00</td>
<td></td>
</tr>
<tr>
<td>10:00-10:40</td>
<td>Budzilek- 4th grade Travel Group</td>
</tr>
<tr>
<td>10:40-10:45</td>
<td>Miller- 4th grade Travel Group</td>
</tr>
<tr>
<td>10:45-11:30</td>
<td>Travel time from 4th to 6th grade</td>
</tr>
<tr>
<td>11:40-12:15</td>
<td>2nd Block 6th grade in Qualls</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>7th and 8th grade combined club for interested 4-H'ers: room based on day</td>
</tr>
</tbody>
</table>

**Travel from 5th grade down to 4th grade hall**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you have any questions, this is a good time to schedule a meeting at the school before I return to Livingston.</td>
<td></td>
</tr>
</tbody>
</table>

Rickman 4-H also has a remind system set up. Please text @4hocre to 931-413-9311 to receive updates via text. If you wish to get them by e-mail, please visit this link for more information:

[https://www.remind.com/join/4hocre](https://www.remind.com/join/4hocre)

Ms. Nicole | UT Extension | 317 E. University St, Suite 16 Livingston, TN 38570 | NMARRERO@UTK.EDU | 931-823-2735