WELCOME TO
ANDERSON COUNTY 4-H
2014-15 4-H Manual

UT TSU Extension – Anderson County
Donna Carter, County Director/4-H Extension Agent
Anderson County Courthouse, Rm. 213
100 N Main Street
Clinton, TN 37716
(865) 457-6246
www.Anderson4H.org

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.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Letter</td>
<td>1</td>
</tr>
<tr>
<td>Frequently Asked Questions</td>
<td>2-3</td>
</tr>
<tr>
<td>4-H Projects</td>
<td>4</td>
</tr>
<tr>
<td>4-H Portfolios</td>
<td>5</td>
</tr>
<tr>
<td>4-H Public Speaking Contest</td>
<td>6</td>
</tr>
<tr>
<td>4-H Demonstration Contest</td>
<td>7</td>
</tr>
<tr>
<td>4-H Interactive Exhibit Contest</td>
<td>8</td>
</tr>
<tr>
<td>4-H Poster Art Contest</td>
<td>9</td>
</tr>
<tr>
<td>4-H Clover Bowl Contest</td>
<td>10</td>
</tr>
<tr>
<td>Judging Team Contests</td>
<td>11</td>
</tr>
<tr>
<td>Additional 4-H Contests</td>
<td>12</td>
</tr>
<tr>
<td>4-H Camps &amp; Overnight Adventures</td>
<td>13</td>
</tr>
<tr>
<td>Anderson County Fair &amp; Tennessee Valley Fair</td>
<td>14</td>
</tr>
<tr>
<td>Events &amp; Activities</td>
<td>15</td>
</tr>
<tr>
<td>Leadership &amp; Recognition Opportunities</td>
<td>16</td>
</tr>
<tr>
<td>Volunteer Opportunities</td>
<td>17</td>
</tr>
</tbody>
</table>

Anderson County’s 4-H Manual was written by Donna Carter, County Director/4-H Extension Agent in Anderson County. This manual was adapted from Robertson County’s 4-H Manual, which was written by Extension Agents Kathy Finley and Timmy Mann and Sevier County’s 4-H Project Folder, which was developed by Extension Agent Glenn Turner. Please join me in expressing appreciation to these outstanding colleagues for sharing their resources.
Dear 4-H Family,

Welcome to 4-H! Your child has just enrolled in one of the greatest youth development programs in the nation. Nationally nearly 7 million children participate in 4-H and here in Tennessee, over 180,000 children are involved!

The purpose of this welcome packet is to give you an overview of the opportunities and resources available to help your family have an incredible experience in 4-H. Keep in mind that this is only an overview. The best way to stay informed is to read the monthly 4-H newsletter. Your child will receive a newsletter during the 4-H in-school club meeting each month. Because of printing constraints, this is a condensed newsletter. You can also receive the FREE e-newsletter that shares all the program opportunities direct to your email. This will ensure a timely delivery each month – plus you’ll get all the news. To subscribe, call the office at 457-6246 or email dcarter@utk.edu and provide us with your email.

The 4-H program is so large and the opportunities so vast that it can sometimes seem a little overwhelming when you are new. This packet can’t possibly explain all the opportunities available through 4-H. However, it does summarize the major contests and opportunities.

If your child attends a school that hosts in-school 4-H clubs, we will visit your child’s school for club meetings in the months of September, October, November, January, February and March. However, even if your child’s school doesn’t host 4-H, he or she can still participate in 4-H as a member-at-large. Contact the office to enroll so you don’t miss out on the fun! Membership is FREE and there are no uniforms to buy.

The monthly in-school meetings will focus on communication skills such as writing, public speaking, demonstrations, etc. Members will also be able to select individual projects to explore during the out-of-school hours. Additionally, we offer many camps, workshops, project groups, and contests throughout the year. Details for these events are shared through the 4-H newsletter.

There are many opportunities for adult and teen volunteers to help 4-H’ers excel, including coaching a Clover Bowl team, leading a project group, and assisting with a contest just to name a few. Just let us know about the areas that interest you.

The local Extension office is located in the Anderson County Courthouse on the 2nd floor (Room 213). Office hours are M-F, 8:00 a.m. – 5:00 p.m. We are closed for lunch from noon to 1 p.m. Again, welcome to the wonderful world of 4-H!

Sincerely,

[Signature]
County Director
4-H Extension Agent
4-H FREQUENTLY ASKED QUESTIONS

What do the four “H’s” stand for on the 4-H clover emblem? The “H’s” stand for head, heart, hands, and health, which reflect the whole development of a child.

What is the 4-H pledge? Members recite the American and 4-H pledges at the opening of each club meeting. You should work with your child to help him memorize the 4-H pledge and the proper hand motions.

4-H PLEDGE

I Pledge,

My Head to Clearer Thinking,
Right hand points to forehead.

My Heart to Greater Loyalty,
Right hand over heart.

My Hands to Larger Service,
Arms slightly bent, palms up.

And My Health to Better Living,
Arms at sides.

For My Club, My Community, My Country, and My World.

What is the 4-H motto? “To Make the Best Better”

What are the 4-H colors? The 4-H colors are green and white.

How did 4-H begin? 4-H began in the early 1900’s as Corn Clubs for boys and Tomato Canning Clubs for girls. Although the program has changed a lot through the years, it has always been a program designed to help children develop the skills needed to become productive members of their communities. The national 4-H program celebrated its 100th birthday in 2002.

Do I have to live on a farm to join 4-H? No! Although 4-H began as a program for rural children, today’s 4-H is available for all children whether they live on a farm, or in the city.
How old do you have to be to join a 4-H club? Children can join a 4-H club once they are in 4th grade. They can stay involved until they graduate from high school.

How do I enroll in 4-H? Enrollment is done on an annual basis starting in September. If your child attends a school that hosts 4-H, he or she will complete enrollment during the September 4-H club meeting. You can also enroll at the office or mail in a copy of the completed enrollment form, which is available on our county website at www.Anderson4H.org.

What are the grade divisions for competitive events? Although there are some exceptions, for the majority of our contests children are grouped into the grade divisions listed below. Grade refers to the grade the member is in as of January 1 of the current school year.

<table>
<thead>
<tr>
<th>Grade Division</th>
<th>Grade Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th–5th</td>
<td>Juniors</td>
</tr>
<tr>
<td>6th–8th</td>
<td>Jr. High</td>
</tr>
<tr>
<td>9th–10th</td>
<td>Senior I</td>
</tr>
<tr>
<td>11th–12th</td>
<td>Senior II</td>
</tr>
</tbody>
</table>

What does it cost to join 4-H? Enrollment in 4-H is FREE and there are no uniforms to buy!

Are there fees for activities and projects? Yes. There are often fees for project groups, camps, trips, conferences, etc. which are announced in the newsletter along with details for the activity. In addition, members are responsible for the costs associated with any project they select and for the supplies needed to enter a contest. For example, a child who enrolls in the sewing project would be responsible for purchasing his or her own fabric, thread, etc.

How do I get more involved in contests? In 4-H, we have lots of contests with an event going on nearly every month of the year. Contests allow children an opportunity to showcase their skills. This manual includes a summary of our contests. You can also visit www.Anderson4H.org. If you want more information about a specific contest, please call our office or email me at dcarter@utk.edu.

What is a 600A Form? For a child to attend a county-level event, or for any 4-H activity where he goes out of the county, his family needs to complete the 600A form (4-H Event & Activity Acceptance Form). This form provides us information about the child’s medical history, contact information for the family, instructions for emergency medical care, photo release, etc. Our first concern is a child’s well-being and this information ensures we can provide appropriate care in an emergency.

Can our family choose which county 4-H program we join? No. Children participate in 4-H in the county in which they reside. Occasionally, there are extenuating circumstances that necessitate that a member participates in a different county. These situations are handled on an individual basis.

Are there opportunities to volunteer? Yes, there are many ways to share your talents to support the local 4-H program. Some common volunteer roles are to coach a team to prepare for a 4-H contest, serve as a judge, teach a workshop or project group, chaperone an event, or serve on an advisory or fundraising committee. All volunteers need to complete an application. Of course, the welfare of our youth is our number one concern. Volunteer roles that involve working directly with youth include a more detailed application, references and background check.

How do I stay informed about 4-H opportunities? Subscribe to the e-newsletter by providing your email to the 4-H office. Then make sure to read it each month. If you get the newsletter and don’t understand some part of it, just call the office at 457-6246 and we will be happy to explain.
All 4-H members have an opportunity to select one or more projects to learn about during the year. A project is simply a topic the member wants to explore. The projects available are:

- Beef
- Citizenship
- Clothing & Textiles
- Communications/Public Speaking
- Companion Animals (cat, dog, rabbit)
- Computers and Technology
- Consumer Ed. / Economics
- Dairy
- Electric
- Engineering / Safety Science
- Entomology
- Food Science
- Forestry, Wildlife and Fisheries
- Goat
- Horse
- Horticulture / Garden
- Leadership / Personal Dev.
- Line and Design
- Nutrition / Health / Fitness
- Performing Arts / Recreation
- Photography
- Plant Science
- Poultry
- Sheep
- Swine
- Veterinary Science

Why should I do a project? Projects help members gain knowledge about a topic in which he or she is interested, compete for awards and begin building their portfolio for scholarship opportunities.

How many projects can we select? There is no limit to the number of projects a member can select. Parents and leaders should help guide members in setting realistic, but challenging goals.

I've selected my project, now what? Members of “in-school” 4-H clubs will receive a project folder that includes the project information. Youth who are not members of an in-school club can go to the website and download the Activity Page for the project(s) he wants to choose. If your family does not have internet access, contact the office and we will print the forms for you. Then, follow these steps.

1. Review the Activity Page for your project and decide which activities you want to do in your project this year. Put a check on the skills and activities you want to learn and do this year. You can add activities and skills to the list if you want. You are not limited to the activities listed.

2. Do the activities and work to learn the skills you marked on your Activity Page. Put a check by the activities and skills you accomplish. It is okay if you do not succeed in completing every activity you checked as a goal in your plan. If possible, take pictures of you doing project activities to put in your project folder.

3. Complete the Project Report Form. Answer the questions in each section of the Project Report Form, including the story about you and your project work.

The project folder is due by April 1st. Complete your 4-H Project by putting the following items in your folder. Please write your first and last name on every paper so nothing gets lost or misplaced.

- Activity Page
- Project Report Form
- Photo Page – You may include one page of pictures showing your work on your project. If you do not have access to a camera or a printer, it is okay not to include the photo page.
- Additional Pages – You are welcome to include additional pages or records that show your project involvement (optional, but items must fit in your folder). You will get many ideas from your Activity Page. For example, a child in the gardening project might include a drawing that shows the layout of the plants in his or her garden.

Project Folder Awards: Grand Champion & Reserve Champion winners will be selected for the junior, junior high and senior high grade divisions in each project category. Awards will be presented at County Achievement Day.
4-H PORTFOLIOS (Grades 6-12)

4-H project involvement in elementary school builds the foundation for a member’s portfolio. Once a member is in 6th grade, he or she can begin competing in 4-H portfolio competition.

**What is a portfolio?** A portfolio is a written summary of a member’s 4-H experience. The portfolio includes a summary of a member’s project work, leadership and citizenship over the past 2-3 years, a story about 4-H, a resume (11th & 12th grade only), pictures, and project plans and records.

**Why should we do portfolios?** Youth learn many important skills as they work on their portfolio, including organizational skills, creative writing skills, the ability to assess “value” to the products of their project work (i.e., dollars earned, money saved), learning to identify skills and knowledge gained, record-keeping skills, and the ability to positively share their work through photos & captions.

Beyond these important skills, a well-documented portfolio will benefit your child in many tangible ways including:

1. Winning lots of great prizes, including state and national trips and college scholarships.
2. Portfolios become a wonderful resource that helps your child beyond 4-H. For example, it becomes a useful tool in applying for college, non-4-H scholarships, state or international exchanges, intern positions, or jobs.
3. A portfolio helps to “steer” your child into those types of 4-H experiences that will really push him or her to grow and develop, such as leadership roles, community service and public speaking.

A member will want to start working on their portfolio very early in their 4-H career and maintain their record each year. It is very beneficial to attend 4-H Portfolio Training (before your child is in Jr. High if possible). It is so much easier to know what, how and when to document 4-H activities, than to try to go back later and remember all the wonderful things that happened.

<table>
<thead>
<tr>
<th>Portfolio Awards</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior High (6th-8th)</td>
<td>Competition occurs at the regional level with awards presented in each project area.</td>
</tr>
<tr>
<td>Senior I (9th &amp; 10th)</td>
<td>Region – 1st place winners earn a scholarship to attend either Tennessee 4-H Congress (leadership &amp; citizenship portfolio winners) or 4-H Roundup (winners in all other portfolio categories).</td>
</tr>
<tr>
<td></td>
<td>State – 1st place winners earn a prize and a $500 college scholarship.</td>
</tr>
<tr>
<td>Senior II (11th &amp; 12th)</td>
<td>Region – 1st place winners earn a scholarship to attend either Tennessee 4-H Congress (leadership &amp; citizenship portfolio winners) or 4-H Roundup (winners in all other portfolio categories).</td>
</tr>
<tr>
<td></td>
<td>State – 1st place winners earn a trip to attend National 4-H Congress and in most categories earn a scholarship (most range from $500 - $1,250).</td>
</tr>
</tbody>
</table>
4-H PUBLIC SPEAKING CONTEST (Grades 4-12)

Club Contest: November Club Meetings
County Contest: December
Multi-County Contest: February
Regional Contest: February
State Contest: March/April during State 4-H Congress

For 4th – 8th grade competition occurs at the club level, with finalists chosen to compete in county competition. A county grand champion and reserve champion will be selected for each grade level. Grand Champions will compete at the Multi-County Speech Contest. This is the final level of competition for 4th – 8th grade.

For 9th – 12th grade county finalists will compete at the Regional 4-H Speech Contest. Regional winners will compete in state competition during Tennessee 4-H Congress in Nashville.

Most in-school clubs will assign a topic for the 4-H Speech Contest and this will be announced during the club meeting. If your teacher/leader does not assign a topic, your speech can be on any “school appropriate” topic. Some suggestions include 4-H, environment, patriotism, character, service, your hero, teamwork, current issue that affects you and your friends, etc.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Club Level Time Limits</th>
<th>Time Limits – All Other Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th Grade</td>
<td>1 minute</td>
<td>3 minute maximum</td>
</tr>
<tr>
<td>5th Grade</td>
<td>1-2 minutes</td>
<td>5 minute maximum</td>
</tr>
<tr>
<td>6th – 8th Grade</td>
<td>2-3 minutes</td>
<td>3-7 minutes</td>
</tr>
<tr>
<td>9th -12th Grade</td>
<td>n/a</td>
<td>3-7 minutes</td>
</tr>
</tbody>
</table>

Be sure you have:
1. An introduction to get everyone's attention & give the main idea.
2. Your information well-organized in the body of the speech. Make three to five points about the topic that should include reasons why they are important.
3. A closing to end the speech to remind the audience of your main points.

As you prepare and practice your speech, keep these tips in mind:
- You can use note cards, but don't read your speech to the audience.
- Look at your audience and speak loud enough to be heard.
- Speak at a speed that is slow enough to be understood, but without sounding mechanical.
- Dress nicely (like you would for church or a school awards program) for county, multi-county and state competition.
- Remember your time limit! You will lose points for going over the time limit.
- Practice, practice, practice! Give your speech to as many different people as possible before it is time for competition.
- Smile!
- To see how speeches are scored, see the 4-H Public Speaking score card at Anderson4H.org and click on 4-H contests.

**9th-12th Grade:** Competition includes a prepared speech (75% of score) and extemporaneous speech (25% of score). The prepared speech must related directly to 4-H. In the extemporaneous speech, the member is given a topic on the spot. He or she then has 1 minute to prepare and 2 minutes to speak.
DEMONSTRATION CONTEST (Grades 4 & 5)

<table>
<thead>
<tr>
<th>Contest Dates</th>
<th>Awards</th>
<th>Time Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club Contest</td>
<td>March Club Meeting</td>
<td>Club Contest</td>
</tr>
<tr>
<td>County Contest</td>
<td>April County Prizes for Grand &amp; Reserve</td>
<td>County</td>
</tr>
<tr>
<td>Multi-County Contest</td>
<td>May Multi-County Contest Prizes for Grand &amp; Reserve Champion in each project</td>
<td>3-5 minutes</td>
</tr>
</tbody>
</table>

What is a demonstration? A demonstration is a talk that shows, one step at a time, how to do something while telling how to do it.

Is it like a speech? Giving a demonstration is easier than giving a speech, because you can use visual aids (posters, models, etc.) while you are talking.

Animal Science-Beef        | Companion Animal                          | Forestry, Wildlife & Fisheries |
Animal Science-Dairy       | Computers and Technology                  | Horticulture / Garden         |
Animal Science-Goat        | Communications / Public Spkg              | Leadership / Personal Dev.    |
Animal Science-Horse       | Consumer Ed./ Economics                   | Line and Design               |
Animal Science-Poultry     | Electric                                   | Nutrition, Health and Fitness |
Animal Science-Sheep       | Engineering / Safety Science              | Performing Arts / Recreation  |
Animal Science-Swine       | Entomology                                 | Photography                   |
Citizenship               | Environmental Sci / Conservation          | Plant Science                 |
Clothing/Textiles          | Food Science                               | Veterinary Science            |

Just like a speech, a demonstration should have three parts:

1. An **introduction** to get everyone's attention, explain what you will be demonstrating and why it is important.
2. The **main body** where you show each step of the demonstration.
3. A **closing** to end the demonstration, remind the audience of your main points and what you hoped they learned through your demonstration.

∗ Demonstrations must relate to a 4-H topic (project) listed above.
∗ No live animals!
∗ Make sure any visual aid you bring to school complies with school rules (for example, don’t bring a knife to do a cooking demonstration).
∗ Use visual aids large enough for the audience to “see” the steps you discuss.
∗ If the visual aid you want to use is bulky, hard to transport, fragile, or expensive consider using a picture, drawing or diagram of the item instead of the actual item. For example, don’t bring a glass aquarium if doing a demonstration about setting up a fish tank.
∗ Must be an individual demonstration—**no teams**.
∗ All club-level participants are invited to compete in county competition.
∗ You can view the judging score sheet at www.Anderson4H.org.
INTERACTIVE EXHIBIT CONTEST (Grades 6-8)

<table>
<thead>
<tr>
<th>Contest Dates</th>
<th>Awards</th>
<th>Time Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club Contest March</td>
<td>Club Contest Ribbons</td>
<td>1-2 minutes</td>
</tr>
<tr>
<td>County Contest April</td>
<td>County Prizes for Grand &amp; Reserve</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td>Multi-County Contest</td>
<td>Multi-County Contest Prizes for</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td></td>
<td>Grand &amp; Reserve Champion in each project</td>
<td></td>
</tr>
</tbody>
</table>

What is an interactive exhibit? It is NOT a demonstration. It is a presentation about a member’s involvement in a specific project area utilizing a table-top exhibit.

The exhibit should showcase the member’s involvement in a project, or show information about a topic. The exhibit cannot be larger than 4’ wide x 2’ deep (a science-fair board is commonly used).

The member will speak one-on-one with the judges for 2-3 minutes telling them about his or her project, using the table-top exhibit as a visual aid. After the presentation, the judges will ask the member questions.

Animal Science-Beef
Animal Science-Dairy
Animal Science-Goat
Animal Science-Horse
Animal Science-Poultry
Animal Science-Sheep
Animal Science-Swine
Citizenship
Clothing/Textiles
Companion Animal
Computers and Technology
Communications / Public Spkg.
Consumer Ed./ Economics
Electric
Engineering / Safety Science
Entomology
Environmental Sci / Conservation
Food Science
Forestry, Wildlife & Fisheries
Horticulture / Garden
Leadership / Personal Dev.
Line and Design
Nutrition, Health and Fitness
Performing Arts / Recreation
Photography
Plant Science
Veterinary Science

👀 Interactive exhibits must relate to one of the 4-H projects listed above.
👀 No live animals!
👀 Must be an individual presentation—no teams.
👀 All club-level participants are invited to compete in county and multi-county competition.
👀 You can view the judging score sheet at www.Anderson4H.org.

HELPFUL TIP
Save your table-top exhibits. You can also use them when you man the 4-H booth during the fair and at the Paper Clover Campaign, or when you are leading a 4-H Project Group. It’s great when can get even more benefits from the same resource!
4-H POSTER ART CONTEST (Grades 4-12)

Club Contest Dates: Posters are due to your teacher/leader by December 1.
County Contest Dates: County winners will be announced by December 15. County winners will compete at regional competition. Regional winners will compete at state competition, which is the final level of competition.

AWARDS:

- Every poster will receive a blue, red or white ribbon.
- Prizes will be awarded for the 1st-3rd place county winners for the junior (4th-5th), junior high (6th-8th) and senior high (9th-12th) grade levels.
- We will select one poster for the design of this year’s 4-H camp t-shirt. You’ll be a famous artist because everyone will be “wearing” your design!
- Prizes will be awarded for regional and state winners.

1. Only one 4-H’er may work on a poster. It cannot be submitted as a team.
2. One entry per member.
3. The poster must be 14x22 inches and used horizontally. A standard sheet of poster board is 28x22 inches. When you cut it in half, it will be the correct size for your poster (14 x 22).
4. Your poster must use the word “4-H” or the have the 4-H clover on the poster. Look for clover examples in this manual or on the internet. The stem must be turned to the right.
5. It should have a short, catchy title or theme and artwork to illustrate your idea.
6. Put your name, school and current grade ON THE BACK OF THE POSTER.

CONSIDER THESE TIPS:

- Be neat!
- Use color.
- Use simple words and messages.
- 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.
- Check out the score card at www.Anderson4H.org (click on the “Contests” tab).

- Do not use well-known cartoon figures such a Spiderman© because these are copyrighted.
- Do not use anything that sticks out 1/8” or more.
- Do not use glitter.
- Do not use any letters or artwork on top of official clover.
- Do not use small pictures which are hard to see.
CLOVER BOWL CONTEST (Grades 4-8)

Club Contest Dates: February Club Meeting
County Contest Dates: March
Regional Contest Dates: May

- Club Awards – Member’s selected for their club’s team will receive a ribbon.
- County Awards – County Grand Champion & Reserve Champion awards will be provided for each grade level. County winners will also receive a team t-shirt to wear in regional competition.
- Regional Awards – Grand Champion & Reserve Champion awards will be provided for each grade level.

Clover Bowl is a quiz bowl contest that covers four categories: 4-H, Tennessee (history, geography and government), Agriculture and Environment, and Family and Consumer Sciences. The contest includes questions that are asked directly to a specific team member, as well as toss-up questions that can be answered by anyone on the team. A match consists of 16 questions.

Clover Bowl is a fun contest that challenges students to buzz in quickly and think fast!

FREQUENTLY ASKED QUESTIONS

How many members make up a team? A Clover Bowl team includes an adult coach with four students (plus one alternate) from the same grade level. Often a parent of one of the team members or a teacher serves as the coach.

How many teams can we enter? Each club can enter one team in county competition. If a school wants to form a team from students of different classrooms, that is fine as long as all the students are in the same grade.

How do students prepare for Clover Bowl? Preparing for Clover Bowl will occur separate from classroom time. Students can use their breaks during lunch, recess, etc. to practice together, and of course, study on their own time. Coaches can coordinate study sessions after school if they get approval from the school.

The questions used in the Clover Bowl competition are all available online so students can begin studying on their own right away. To see the questions and rules, visit Anderson4H.org. In addition, each teacher/club leader receives one printed copy of the Clover Bowl questions.

I would like to help coach my child’s team. Who do I talk to? Discuss your interest with your child’s teacher or club leader.

How many teams get to attend regional competition? One county-winning team for each grade level will be selected to represent our county in competition.

Where is regional competition held? It is held in Knoxville on the UT campus. There are generally 500 or more people at the competition.
What is a judging team? For every item, animal or product, there are desirable characteristics and undesirable characteristics. For example, no one wants to eat an apple that is bruised, overly ripe or insect-damaged. In judging, contestants learn the “ideal” characteristics for a product, then use that knowledge to place a class of four items from best to worst. They also learn to explain the reasons for their placing by given oral reasons.

How does a team learn to judge? Because there are lots of judging opportunities, there is a great need for parents and teens that have experience in the project to serve as a coach. The coach’s role is to conduct practice sessions to help members develop their skills in preparation for the regional and state competition. There are many resources designed to help coaches prepare their team for competition. Visit our website at www.Anderson4H.org then click on the “Judging Teams” tab.

Following is a brief summary of the judging contests available. A team is made up of four members who are all junior high members (6th-8th grade) or all senior high members (9th-12th grade) as of January 1. Note: In a few contests, there are some exceptions to the grade guidelines described above.

**Consumer Decision Making:** Contestants evaluate consumer products based on standards and quality.

**Dairy Judging:** Contestants place 5-6 classes of four dairy cows or dairy heifers.

**Dairy Products Judging:** Contestants evaluate 2% milk (5 samples), Cheddar Cheese (5 samples), identify five frozen desserts, and identify four samples as real or artificial.

**Forestry Judging:** Contestant will identify trees, leaves, wood, insects and diseases, measure trees, complete a forest evaluation, forest inventory, and recommend best practices.

**Horse Judging:** Contestants will place conformation and performance classes for Western Horsemanship, Western Riding, Reining, Hunter Under Saddle, Hunt Seat Equitation, Hunter Hack, English Pleasure and Plantation Pleasure.

**Livestock Judging:** Contestants will place classes of steers, heifers, market hogs, breeding gilts, market lambs, breeding ewes, market goats and breeding does.

**Life Skills Judging:** Contestants participate in five skill-based stations: health, nutrition, finances, design, and family interaction.

**Land Judging:** Contestants will evaluate soil texture, rooting depth, rock fragments, rock outcrops, drainage, water-holding capacity, slope, degree of erosion, surface runoff, structure, permeability, percolation rate, shrink-swell, landscape position, land capability classification, limitations for crop production, estimating crop yields, potential environmental problems, intensity of land use, conservation and soil management practices, and home site suitability.

**Meats Judging:** Contestants will evaluate meat quality, determine the lean to fat proportions of retail and wholesale cuts, and identify retail cuts of beef, pork and lamb as to the whole cut name, retail cut name, type of cut, and recommended cooking methods.

**Poultry Judging:** Contestants will identify retail cuts of poultry, judge laying hens, interior and exterior quality of eggs, broken-out eggs, and ready-to-cook chicken.

**Wildlife Judging:** Contestants will identify wildlife foods, interpret aerial photos, develop a wildlife management plan, and develop an urban landscape plan.
ADDITIONAL 4-H CONTESTS

Below is a brief overview of additional contests that are available. If interested in learning more about getting involved in any of these, contact the 4-H office or talk with your club leader or project group leader.

- **Beekeeping Essay Contest** (4th-12th grade): 4-Hers use their writing and research skills in developing an essay on a beekeeping-related topic.

- **Congress Essay Contest** (9th-12th grade): Tennessee 4-H Congress delegates write a 500 word essay on the announced theme.

- **Dairy Poster Contest** (4th-12th grade): Contestants make a 14 x 22 inch (horizontal) poster about milk and/or milk products using the announced theme.

- **Dairy Quiz Bowl** (9th-12th grade): A four-person team competes in a quiz bowl contest with questions related to dairy.

- **Hippology** (4th-12th grade): A four person team competes in this horse contest which includes horse judging, identification, a written test, a skills test, and team problem.

- **Horse Bowl** (4th-12th grade): A four-person team competes in this quiz bowl contest with questions related to horses.

- **Horse Demonstrations** (9th-12th grade): Competition is offered for both individuals and a team of two to give a presentation related to horses utilizing visual aids to present the information.

- **Horse Public Speaking** (9th-12th grade): Individuals write and deliver a speech about horses and/or the horse industry. No visual aids are allowed.

- **June Dairy Month Promotion** (7th-12th grade): One teen chairman is selected to give leadership to the county’s June Dairy Month promotional activities and competes for prizes based upon the events conducted. To be considered for this leadership role, contact the 4-H office by March 1.

- **Outdoor Meat Cookery** (6th-12th grade): A team consists of four members, with each person grilling and displaying beef, pork, lamb, or poultry (one team member grills pork, another grills lamb, etc.) in this timed competition.

- **Photo Search** (6th-12th grade): Members submit a photo or a series of up to four photos he or she took that is related to 4-H involvement. Both print and digital photos are allowed.

- **Robotics Challenge** (4th-12th grade): Contestants build and program a robot to complete assigned challenges in a timed event. Youth can utilize Lego® NXT or EV3 kits in the contest.

- **State 4-H Shoot** (4th-12th grade): There are numerous state shooting sports competitions in air rifle, archery, bb gun, and shotgun with grade-specific guidelines for each discipline. Learn more: http://4h.tennessee.edu/shootingsports/index.htm.

- **Tennessee History Bowl** (9th-12th grade): A two-man team competes in a quiz bowl contest with questions related to Tennessee history. Contestants must be Tennessee 4-H Congress delegates.
Tennessee 4-H offers many outstanding 4-H camping and overnight opportunities for boys and girls. Details for these camps are announced in the monthly 4-H newsletter along with registration instructions, fees and deadlines.

**Clyde Austin 4-H Center**: With more than 100 acres of well-maintained grounds, this ACA accredited 4-H Center has been providing campers with great experiences since 1949. It has incredible facilities with a premier nature center, rifle and archery ranges, swimming pool with a spiral slide, craft house, woodworking shop, airbrushing center, fossil room, extensive sports fields, a wide variety of recreational opportunities, and air-conditioned dorms. The permanent camp staff includes a camp director and assistant director, program staff, dining hall staff, and a licensed nurse. Camps held at the Clyde Austin 4-H Center include:

- **Junior 4-H Camp** is a week-long residential camp for youth in 4th-6th grade. Camp is held Monday through Friday. Attending Junior 4-H Camp is often a club member’s first 4-H camping experience. Our county’s delegation is chaperoned by the County 4-H Extension Agent and screened volunteers. Transportation is provided to and from camp.

- **Junior High 4-H Camp** is a week-long residential camp for youth in 6th-8th grade. Camp is held Monday through Friday. Youth experience all the great things they enjoyed as younger campers, plus they get to participate in special survivor-themed challenges, offsite adventures and tours, a carnival, a dance, and early-morning cookouts. The best part is that campers get to meet youth from the entire East Tennessee region, reconnecting with friends from past 4-H camps. Transportation is provided to and from camp.

**Target Smart Camp** is a residential camp held at the W.P. Ridley 4-H Center in Columbia, south of Nashville, for 4-H’ers from across Tennessee. Youth in grades 5-12 with basic firearm skills are eligible to attend this camp. Campers learn appropriate skills to succeed in a variety of shooting sports and related areas such as archery, riflery, shotgun use, muzzleloading, and outdoor skills. Programs emphasize safety, correct form and responsible use. Transportation not provided.

**Electric Camp** is a fun-filled, rewarding adventure in electricity held at the University of Tennessee, Knoxville. The three-day camp features learning centers staffed by electric utility professionals. Each learning center will use hands-on activities that allow the 4-H members to learn by doing. Participants also spend a day at Dollywood. Youth in 6th-7th grade are eligible to attend. 4-H’ers may attend Electric Camp only once. Transportation not provided.

**Junior High Academic Conference** is a three-day camp held on the campus of the University of Tennessee, Knoxville for youth in 6th-8th grade. Participants receive intensive training in their 4-H project areas under the supervision of university scientists and specialists and explore related career opportunities. The conference provides a variety of rewarding and fun-filled experiences in classroom, outdoor and laboratory settings. Participants also spend a day at Dollywood. Youth are selected to attend this conference on the basis of their project work. Transportation not provided.

**Fashion & Design Conference** is a three-day conference held in Pigeon Forge for youth in 6th-12th grade. Participants will get a chance to use the sewing machine, do some hand stitching and participate in “line and design” classes and workshops. The conference includes a Clover Collection Fashion Show where participants model a garment they have made or model a purchased ensemble. Transportation not provided.
One of the highlights of the year for 4-H members is being able to exhibit their completed projects in the Anderson County Fair and win prizes!

**When is the fair?** The Anderson County Fair is held in July each year at the fairgrounds in Clinton.

**Who can enter the fair?** Any Anderson County 4-H member can enter exhibits in the 4-H division of the fair.

**What projects can 4-H’ers enter in the fair?** Classes include crafts, sewing, needle craft, art, photography, science & technology, gardening, baked goods, canning, and honey. A complete class list will be available at www.Anderson4H.org by January 1.

**How do we enter 4-H indoor exhibits in the fair?** Members bring their entries to the fairgrounds on entry day, which is the Saturday prior to opening day at the fair. There is a separate entry day for crops & baked good (because these items are perishable) on Monday morning. With the exception of crops and baked goods, **ALL other 4-H entries MUST be submitted on Saturday.**

**When do we pick up 4-H indoor exhibits?** Exhibits must be picked up on the Sunday following the fair at the time announced in the fair catalog.

**Awards:** For each lot, a 1st, 2nd and 3rd place winner is selected. Winners receive a ribbon and a cash premium. With nearly 75 lots in the 4-H division, there are a LOT of opportunities to win.

We are always adding new and exciting activities to the fair, so read your newsletter to stay informed. Here are some additional shows and events that 4-H families will especially enjoy during the county fair:

**Biscuit Baking on Senior Day:** 4-H youth bake fresh homemade biscuits as a special treat for seniors attending the fair on Senior Day. If you would like to volunteer with this activity, contact the 4-H office.

**Sheep Show:** Youth exhibit their market lambs and sheep. This is an open show with participants from the entire region.

**Beef Show:** Youth exhibit their cattle during the fair. This is an open show with participants from the entire region.

**Rabbit & Poultry Shows:** The rabbit and poultry shows are open shows, which means all Anderson County adults and youth can enter. Rabbits and poultry remain on exhibit throughout the fair.

---

**TENNESSEE VALLEY FAIR**

In addition to entering exhibits in the Anderson County Fair, members can also enter 4-H exhibits in the Eastern Regional 4-H Division at the Tennessee Valley Fair for even more chances to win awards and have fun!

The Tennessee Valley Fair is held in September in Knoxville. Unlike our county fair, PRE-ENTRY is required to participate in this fair. You can learn more about this opportunity on their website at www.tnvalleyfair.org.
COUNTY

Chick Chain: Youth receive day-old chicks which they raise at home until they are approximately 20 weeks old. Participants select three of their best layers to show at the 4-H Poultry Show & Sale.

Clover Adventures: 4-H offers a wide variety of summer day camps as part of our 4-H Clover Adventures program. Day camps are offered for 4th-8th grade.

County Achievement Day: Youth compete in 4-H demonstrations and interactive exhibits during this event, plus winners are announced and prizes are awarded for many county contests.

Hog Show: Members exhibit market hogs at the county, regional and state levels.

Let’s “Do Something” Service Campaign: 4-H’ers are challenged to participate in a litter pick up, beautification project or recycling project as part of the “Do Something” Campaign conducted in partnership TDOT.

Poultry Show: The top pullets from the 4-H Chick Chain are judged and auctioned during this event. Come support our 4-H youth.

Project Night: Members learn more about their 4-H project through hands-on learning activities. Youth must register to attend.

Quality Assurance: Youth who participate in beef, sheep or swine projects complete Quality Assurance training prior to the event in order to be eligible to show. The Quality Assurance program teaches youth how to raise top-quality meat products for the consumer.

Sheep Show: Members exhibit market lambs and ewes at the county, regional and state levels.

REGION

Fall Judging Day: Many 4-H judging contests are held on Fall Judging Day including Consumer Decision Making, Forestry, LifeSkills and Meat Judging.

Livestock Skillathon: Livestock show exhibitors participate in a skillathon event that allows them to demonstrate their knowledge of their project animal. The scores from the skillathon are used to help determine the Premier Exhibitor at the show.

STATE

Performing Arts Troupe: Teens who love to sing and dance may want to audition for the Performing Arts Troupe, which performs a variety of themed shows for conferences, conventions and various public events across the state. Learn more at http://4hperformers.tennessee.edu/.

State 4-H Roundup (9th-12th Grade): Regional project winners and All Star members attend this annual conference that includes state competition finals, tours, service projects, and activities.

Tennessee 4-H Congress: This three-day event held in Nashville is one of Tennessee’s oldest and most prestigious events. Delegates in 9th & 10th grade learn about state government as they debate mock legislature, meet with elected officials and tour historical landmarks. Congress is also where 9th-12th grade regional winners compete in state finals for the public speaking contest, citizenship and leadership portfolio contests, and where state officer elections occur. Don’t miss the fun!

NATIONAL

Citizenship Washington Focus: Senior 4-H’ers have 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.

National 4-H Congress: Tennessee’s state portfolio winners earn the opportunity to participate in this national four-day recognition event held in Atlanta, Georgia learning new skills, experiencing Atlanta’s culture and making new friends from across the nation. Delegates are selected based upon portfolios, so get started on your portfolio right away. Need help? Call the office!
Leadership is an important aspect of 4-H and it is our goal to help all of our members utilize their skills to help others. Following are a few leadership opportunities available.

**4-H Clover Adventures Camp Counselors:** Once teens are in 8th grade, they are eligible to serve as counselors at Clover Adventures Day Camps, helping younger members with their projects and leading pledges, songs and recreation with campers. Counselors are selected through an application and interview process.

**All Stars:** Once a member is inducted into Tennessee’s 4-H Honor Club and completed 8th grade, he or she can apply to become an All Star member. All Stars meet each spring and fall for a regional conference, and then meet statewide during State 4-H Roundup. The Eastern Region All Stars are a very active group offering many leadership opportunities, including elected regional officer positions.

**Anderson County 4-H Ambassadors:** Youth in 8th grade and older are invited to apply to serve as a county 4-H ambassador. In this leadership role, youth help promote the 4-H program by manning booths, speaking to groups, promoting 4-H at the fair, and emceeing 4-H events such as the county public speaking contest and 4-H Achievement Day. In addition each Ambassador plans and conducts an individual project that supports and promotes Anderson County 4-H.

**Anderson County’s 4-H Honor Club:** Once a member is in 6th grade, he or she is invited to get involved in the local Honor Club, which meets on the 2nd Wednesday of each month from 4:00 – 5:30 p.m. at the Extension office. Meetings include leadership activities, community service projects and social activities. There is no fee to join and youth do not have to be a member of an in-school club.

**Club Officers:** Each club will elect officers to lead the club. Typical officer roles include president, vice president, secretary, reporter, and recreation leader.

**Honor Club Officers:** Members elect officers to lead Anderson County’s 4-H Honor Club meetings and activities. This is a great way for youth to develop leadership skills in preparation for regional and state leadership roles.

**Paper Clover Campaign:** On the national level, Tractor Supply Company is a national 4-H sponsor. TSC conducts a Paper Clover Campaign every spring and fall, where they ask customers to buy a paper clover. Last year, the national Paper Clover Campaign raised over a million dollars for 4-H. The funds raised help support local 4-H activities including the camping and leadership programs. Youth are invited to support this event and gain leadership experience at the same time by manning the 4-H booth during the Spring & Fall Paper Clover Campaigns (April & October).

**Scholarships:** 4-H offers numerous academic scholarships for outstanding members to attend the University of Tennessee. Graduating seniors can apply for these scholarships by submitting an application packet (Form F836) by May 1st for most scholarships. A few scholarships have a March 1 deadline. Learn more at [www.4h.tennessee.edu/recognhndbook/sect06.htm](http://www.4h.tennessee.edu/recognhndbook/sect06.htm).

**Jr. 4-H Camp Counselors:** High school students who have completed 10th grade are invited to apply to serve as 4-H summer camp counselors at Junior 4-H Camp when Anderson County’s campers attend. Counselors have to attend a mandatory 8-hour training to be eligible to serve.

**Tennessee 4-H Honor Club:** Through active membership in the local Honor Club, teens earn the minimum points needed to be inducted into Tennessee’s 4-H Honor Club. Induction ceremonies are held in February and October each year. The TN 4-H Honor Club application is available online at [http://www.4h.tennessee.edu/honorclub/index.htm](http://www.4h.tennessee.edu/honorclub/index.htm).
As you can tell, 4-H is a HUGE program with lots of camps, contests, workshops, shows and events. Our goal is to bring as many of these opportunities as possible to Anderson County’s youth by offering project groups, judging teams, service activities, shows, clinics, and a great county fair. However, we just can’t offer it all without volunteers. We invite you to get involved.

**VOLUNTEER OPPORTUNITIES**

**4-H VOLUNTEER ORGANIZATIONS & EVENTS**

**Leader’s Council**: Anderson County’s 4-H parents, leaders and volunteers meet quarterly to plan 4-H events and activities, select awards and organize county-wide 4-H events and promotions. We invite all adults and high school youth to meet with us to help build a strong county 4-H program.

**State Leaders Forum** (February): Adult volunteers from across the state join together annually for a two-day conference to learn new ideas, recognize outstanding volunteers and re-charge their batteries.

**Southern Region Leaders Forum** (October): Adult volunteers from across the southern region participate in educational opportunities to improve the quality of 4-H programming in clubs, projects and communities. This four-day conference is held at the Rock Eagle 4-H Center in Georgia.

**VOLUNTEER OPPORTUNITIES**

**Anderson County Fair**: The county fair is an amazing way for families to learn more about 4-H, so we want 4-H to be as visible at the fair as possible. Volunteers are needed to help with biscuit baking on Senior Day, manning the 4-H booth, checking in exhibits, judging, displaying entries, taking photographs, conducting demonstrations, and helping with livestock shows.

**Chaperone**: There are lots of 4-H camps and conferences and adults are needed to chaperone the delegates. Shhh…. Don’t let the kids know you’re having even more fun than they are!

**Contest Volunteer**: You can see that Tennessee 4-H is rich in contests. Although that is great news for 4-H members, it also means we need lots of folks to help with these events. Common volunteer roles include helping at the registration desk, serving as a room host or hostess, helping with set up and clean up, judging, presenting awards, concessions, and taking photographs or video.

**Project Groups**: We invite you to lead hands-on activities on a project or topic you enjoy as a 4-H project group leader. A typical project group meets 4-6 times per year. Curriculum is available for many project activities, however leaders have flexibility to either follow the curriculum or plan their own learning activities. We conduct a county-wide 4-H Project Night on the 2nd Thursday of each month where numerous project groups meet at the same time. However, if that schedule isn’t convenient for your schedule, you can lead a project group at another time and location.

**Workshop or Clinic Instructor**: Whether it’s teaching hog showmanship skills, crocheting, candy-making, dog obedience, or some other topic, our members can benefit from your project knowledge.

We require an application, references and background screening for volunteers who will be working directly with children.
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.

Stay Connected with 4-H

✓ Like us on Facebook at www.facebook.com/Anderson4H.
✓ Subscribe to the FREE e-newsletter by calling 457-6246 or emailing dcarter@utk.edu.