HENRY COUNTY
4-H HANDBOOK

The Fun Starts Here!

2013 - 2014

Name: ________________________________

School: _____________________________ Grade: __________
Extension

Henry County 4-H Clubs
University of Tennessee Extension
P. O. Box 188
1120 Tyson Avenue, Suite A
Paris, Tennessee 38242
(731) 642-2941

Website: www.henry.tennessee.edu
Facebook: www.facebook.com/henrycountyextension

OFFICE HOURS: Monday–Friday
8:00 a.m. until 12:00 noon – 1:00 p.m. until 4:30 p.m.

Extension Agent in charge of 4-H:

Staci D. Foy
Shannon Bomar - 4-H Program Assistant

Michele M. Atkins - County Director &
Extension Agent Adult Family & Consumer Science
Ranson Goodman - Extension Agent Adult Agriculture
Cherry Boyd- Secretary
Table of Contents

Henry County 4-H Clubs ................................................. 2
Dear Parents .................................................................. 3
Calendar of Events ....................................................... 4
Clover Buck Program .................................................... 5
Hats Off to Sponsors ..................................................... 6
Using 4-H Name & Emblem ........................................... 7
October Poster Contest .................................................. 8
November Recycled Craft Contest ................................. 8
January Public Speaking Contest ................................. 10-11
February Photography Contest ..................................... 12
Piggy Bank Rules (4th Grade) ........................................ 13
March Bread Baking ..................................................... 14
Camp 4-H T-Shirt Contest ............................................ 15
4-H Camp .................................................................... 16-17
Demonstration Do's & Don'ts ........................................ 18-19
4-H Club Community Service Project Ideas .................. 20
Judging Teams ............................................................ 21
Livestock Activities ...................................................... 22-23
Country Ham Project ................................................... 23
4-H FACE for Wildlife Registration .............................. 24
Shooting Sports .......................................................... 24
Henry County Fair ....................................................... 25
Project Portfolios (Grades 4-5) ....................................... 26-27
Junior Activity Report ................................................ 28-29
Wildlife Food Plot Form .............................................. 30
Shooting Sports Form ................................................ 30
4-H Judging and Contest Teams Form ......................... 31
Animal Projects Form ................................................ 32
Country Ham Project Form .......................................... 32
Project Selection Guide .............................................. 33-34
My 4-H Club

Name of 4-H Club: ____________________________
Meeting Date/Time: __________________________
4-H Leader: _________________________________
Project Selected: _____________________________
4-H Officers
President: _________________________________
Vice President: ______________________________
Secretary: _____________________________________
Fun Leader: _________________________________
Bulletin Board Chairperson: ___________________
Community Service Chair (7th & 8th grade only): _________

Fun Facts Every 4-H’er Should Know

The 4-H Emblem
The National 4-H Emblem is a green four-leaf clover with a white “H” on each leaf. The H’s stand for HEAD, HEART, HANDS AND HEALTH. The four-leaf clover signifies “good luck.”

The 4-H Colors
Green and white. White symbolizes purity and high ideals. Green is nature’s most common color represents youth, life and growth.

The 4-H Slogan
“Learn by Doing”

The 4-H Pledge
I pledge:
My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living.
For my club, my community, my country and my world.

The 4-H Motto
“To make the best better.” If practiced every day, 4-H’ers can really make a difference by trying their hardest to do the very best they can in everything they do.
Dear Parents:

We are happy that you have a 4-H'er in your family. We know that you want your child to have a great year in 4-H. 4-H is the largest youth organization in the world, and it is educational as well as fun. Belonging to 4-H gives many educational opportunities, and we feel that you want your child to be successful.

We have found that behind each successful 4-H boy and girl stands a 4-H parent(s) with ENCOURAGEMENT, GUIDANCE AND SUPPORT.

We hope that you will become interested in the 4-H program by helping your child in this new adventure. 4-H teaches life skills through all 25 projects.

So:

MAKE 4-H A FAMILY AFFAIR

Here are a few things you can do to help your 4-H member:

- Talk about his/her 4-H project.
- Supply materials to work on projects.
- Help with creative ideas.
- Encourage your child to do their best.

There are many opportunities available for you to assist with the total Henry County 4-H program. If you would be interested in doing any of the following activities, please call the Henry County 4-H office at 642-2941.

- Be a 4-H School Volunteer in assisting with monthly meetings.
- Assist with 4-H county events and/or contests.
- Conduct projects to provide learning experiences for 4-H youth.
- Attend 4-H camps as a volunteer leader
- Assist in training 4-H judging teams.

I have taken the time as a concerned parent(s) to familiarize myself with the activities to be conducted this year in the 4-H handbook. I agree to encourage my child as often as possible to participate in many of the activities planned.

______________________________  _______________________
Parent(s) Signature            Date
# 4-H Calendar of Events

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club meetings begin</td>
<td>National 4-H Week</td>
<td>National 4-H Congress</td>
</tr>
<tr>
<td>Honor Club Meetings Begin</td>
<td>State 4-H Judging Contests</td>
<td>4-H Recyclable Craft Contest</td>
</tr>
<tr>
<td>Horsemanship Program Begins</td>
<td>4-H Poster Contest</td>
<td>Regional Livestock Judging</td>
</tr>
<tr>
<td>Regional Fall Judging</td>
<td>All Star Fall Retreat</td>
<td>North Pole on the Square Day</td>
</tr>
<tr>
<td></td>
<td>Regional Land Judging</td>
<td></td>
</tr>
<tr>
<td></td>
<td>State Dairy Show-Horse Camp</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Southern Region Teen Leadership Conference</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Volunteer Conference of Southern States</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DECEMBER</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Honor Club Social</td>
<td>Club Public Speaking Contest</td>
<td>County Public Speaking Contest</td>
</tr>
<tr>
<td>County 4-H Poster Contest</td>
<td>Regional Horse Bowl &amp;</td>
<td>4-H Photography Contest</td>
</tr>
<tr>
<td></td>
<td>Hippology Contest</td>
<td>Regional Public Speaking</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Country Ham Project Starts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shooting Sports Sign-Up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4-H Day at Helping Hand</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MARCH</td>
<td>APRIL</td>
<td>MAY</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>----------------------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>4-H Bread Baking Contest</td>
<td>Jr. High Record Book &amp; Academic</td>
<td>Regional Jr. High Project Showcase</td>
</tr>
<tr>
<td>Turn in points for trophy clubs</td>
<td>Conference Apps. Due</td>
<td>O.W.L.S Conference</td>
</tr>
<tr>
<td>Camp applications are given out</td>
<td>4-H Congress - Nashville</td>
<td>Senior Project Portfolios Due</td>
</tr>
<tr>
<td>Steer Weigh-in</td>
<td>Jr. Record Books Due</td>
<td>Hog Weigh-in</td>
</tr>
<tr>
<td>Camp T-Shirt Contest</td>
<td>Regional Horse Judging</td>
<td>Lamb Weigh-in</td>
</tr>
<tr>
<td>All Star Spring Retreat</td>
<td>County 4-H Achievement Banquet</td>
<td>Goat Weigh-in</td>
</tr>
<tr>
<td></td>
<td>State 4-H Shotgun Shoot</td>
<td>Wildlife Judging</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant Wildlife Food Plots</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
</tr>
</thead>
<tbody>
<tr>
<td>June Dairy Month</td>
<td>Regional Livestock Expo</td>
<td>Henry County Fair</td>
</tr>
<tr>
<td>Jr. Camp</td>
<td>Citizenship Washington Focus</td>
<td>Jr. Livestock Show &amp; Sale</td>
</tr>
<tr>
<td>Regional Horse Show</td>
<td>State 4-H Roundup</td>
<td>Woolies Revue</td>
</tr>
<tr>
<td>Electric Camp</td>
<td>Shooting Sports Camp</td>
<td>State Dairy Judging</td>
</tr>
<tr>
<td>Jr. High Academic Conference</td>
<td>Beef &amp; Sheep Expo</td>
<td>Judge Wildlife Food Plots</td>
</tr>
<tr>
<td>Dairy Quiz Bowl</td>
<td>Line &amp; Design Camp</td>
<td>Regional Jr. Dairy Show</td>
</tr>
<tr>
<td>Junior High Camp</td>
<td>Jr. High Camp</td>
<td>Regional Dairy Judging</td>
</tr>
<tr>
<td>State Horse Show</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4-H Clover Buck Program

Each month in 4-H club meetings, you can earn 4-H Clover Bucks for each activity that you participate in. The “bucks” that YOU earn will be subtracted from your 4-H camp fee in the summer. This will save your parents a lot of money if you decide to attend camp. You may only use the bucks that you have earned. That means you can’t use clover bucks that people give you. Also, you MUST keep up with your Clover Bucks and turn them in with your camp money.

This is a list of ways you can earn Clover Bucks this year:

$1.00 each for
  Poster Contest
  Each craft in craft contest
  Each photo in photography contest
  Bread Baking entry
  Each time member brings handbook to meeting
  Each completed project sheet
  Camp T-shirt design contest
  Piggy Bank Contest (4th Grade)

$2.00 each for
  A 4-H Demonstration (pages 13 & 14)

$5.00 each for
  Completed Junior Portfolio (4th & 5th grade)

$10.00 each for
  4-H Speech
  Completed Jr. High or Sr. High Portfolio

<table>
<thead>
<tr>
<th>Month</th>
<th>Brought Book</th>
<th>Poster</th>
<th>Craft</th>
<th>Photo</th>
<th>Bread</th>
<th>Demo</th>
<th>Completed Speech</th>
<th>Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>October</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>January</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>February</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* You may earn more clover bucks by donating items to Helping Hand on 4-H Day!
Hats Off to Our Sponsors!

**Project Roundup**
- Paris Kiwanis
- Bo & Dawn Richardson
- Paris Optimist Club
- Athenia Delphian Club
- First Bank
- Holly Credit Union

**Security Bank**
- Board of Public Utilities
- Commercial Bank
- Paris Lakeway Kiwanis
- Young Farmers & Ranchers
- Foundation Bank
- Paris Rotary Club

<table>
<thead>
<tr>
<th>“Purple Ribbon” Alumni Club ($200 - $500)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parker Farms</td>
</tr>
<tr>
<td>Watson Rentals, LLC.</td>
</tr>
<tr>
<td>Middleton Lumber Company</td>
</tr>
<tr>
<td>Tosh Farms</td>
</tr>
<tr>
<td>Mike and Pam Hutson</td>
</tr>
<tr>
<td>Dan &amp; Betty Paschall</td>
</tr>
<tr>
<td>Susan Jones</td>
</tr>
<tr>
<td>Athenia Delphian Club</td>
</tr>
<tr>
<td>Andrew &amp; Rebecca Paschall</td>
</tr>
<tr>
<td>Robert &amp; Dawn Richardson</td>
</tr>
<tr>
<td>Finas &amp; Sarah Wilson</td>
</tr>
<tr>
<td>Pleasant Hill FCE</td>
</tr>
<tr>
<td>Town &amp; Country FCE</td>
</tr>
<tr>
<td>Ann &amp; Angela Wilson</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>“Green Ribbon” Alumni Club ($50 - $99)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kerry &amp; Susan Bell</td>
</tr>
<tr>
<td>Charles &amp; Charlotte Barnes</td>
</tr>
<tr>
<td>Theron &amp; Joyce Hastings</td>
</tr>
<tr>
<td>Larry &amp; Linda Clark</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>“Making the Best Better” Alumni Club ($10 - $49)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don and Mary Kate Ridgeway</td>
</tr>
<tr>
<td>Dwayne &amp; Billie Crews</td>
</tr>
<tr>
<td>Jimmy &amp; Jeanie Oliver</td>
</tr>
<tr>
<td>David Gillespie</td>
</tr>
<tr>
<td>Frank &amp; Mary Thill</td>
</tr>
<tr>
<td>McCartney Produce</td>
</tr>
<tr>
<td>Ralph &amp; Pasty Anderson</td>
</tr>
<tr>
<td>Jerry &amp; Janet Bomar</td>
</tr>
<tr>
<td>Herman Jackson</td>
</tr>
<tr>
<td>Mitizi Parrish</td>
</tr>
<tr>
<td>Johnny &amp; Kathy Petrie</td>
</tr>
<tr>
<td>Steve &amp; Linda McCadams</td>
</tr>
<tr>
<td>Joy Kriesky</td>
</tr>
<tr>
<td>Matt &amp; Stacy Hayes</td>
</tr>
<tr>
<td>Randy &amp; Donna Stephens</td>
</tr>
<tr>
<td>Mark Chandler</td>
</tr>
<tr>
<td>Mary Gail Muller</td>
</tr>
<tr>
<td>Hannah Crosser</td>
</tr>
</tbody>
</table>

**“Blue Ribbon” Alumni Club ($100 - $199)**

- Susan Hayes
- Andy & Susanne Collins
- Joe & Jen Snow
- Dr. Josh & Erin Coleman
- Dale & Carol Gallimore
- Janice Woods
- Henry Bunn FCE
- Creative Homemakers
- Emory & Melinda Bradley
- Jim & Pat Adams
- David & Jan Foy
- Mark & Vicki Snyder

Thank you to all our sponsors!
Using the 4-H Name and Emblem

What is the 4-H Name & Emblem?

The official 4-H Emblem is a clover with four leaves and an "H" on each leaf. The clover's stem must point to the right as you look at the image. The 4-H Emblem is not a plain four-leaf clover. The 4-H Emblem should appear in specific colors and in its entirety. The 4-H Name & Emblem belongs to the 4-H Youth Development Program, under the authority of USDA and anyone wishing to use it must obtain permission to use it ahead of time. If you are a 4-H member, you are permitted to use the 4-H Name & Emblem.

1. In all private and commercial use of the 4-H Emblem, the statement "18 USC 707" must legibly appear either to the right of the base of the stem or below the lower right leaf of the clover.

2. They do not "flip" the image to create a framed look. The stem on the 4-H Emblem must point to the right as you look at the image.

3. The 4-H Emblem should always appear in its entirety.

4. Don't place text or other images over or on top of the 4-H Emblem.

5. The 4-H Emblem should not be rotated or turned on its side.
OCTOBER

4-H Poster Contest

You don’t have to be an artist to enter the 4-H Poster Contest! It is fun and easy. Plus, it just might be your poster that is chosen as a state winner!

Guidelines and Rules

1. Poster topic should promote 4-H. Choose a “catchy” theme.
2. Poster must be 14" X 22". This is \( \frac{1}{2} \) sheet of poster board. It must be horizontal.
3. Print: Full name, address, school, grade, teacher, and age on the back of the poster.
4. DO NOT use objects raised over 1/8" from surface or well known cartoon figures.
5. Use eye-catching color and BE CREATIVE.
6. Lettering should be a minimum of 2" tall in order to be read easily from a distance.
7. The poster contest will be judged on:
   A. Originality of design
   B. Information given
   C. Relativity of artwork to theme
   D. Neatness of construction
8. Do not use glitter.

AWARDS

Local: Ribbons will be given to all 4-H’ers who participate. Winning posters compete in the county contest.

County: Five posters will be chosen as county winners. Out of the five, three will be selected to be entered in the state contest.

GOOD POSTERS MAKE PEOPLE STOP, READ AND REMEMBER!

Past state winners can be seen at http://4h.tennessee.edu/stcong/poster/stwin.htm
NOVEMBER

Recycled Craft Contest

Reduce, reuse, recycle... we know that you have heard that before. These three ‘R’s’ when used every day, can reduce the amount of waste going in to the landfills, reduce the litter fouling the land and water, conserve energy and save you money!

Recycling is one of the easiest ways to save energy, money and time while reducing the amount of garbage going in to landfills.

This is your opportunity to express creativity, make crafts and recycle! The guidelines for this contest are:

You may enter 2 crafts
Each craft must be made from recyclable products

Examples might be:

Christmas ornaments
Pencil holders
Children’s games
Wood Crafts
Stitch and Sew crafts
Decorations

AWARDS

Local: Ribbons will be given to all participants for each craft.

County: There is no county craft contest, but save your craft and enter it in the fair in August!
JANUARY

4-H Public Speaking

Good communication skills are important to every student's future. No matter what your career plans, everyone needs to be able to communicate and express their ideas clearly. The ability to organize your thoughts and speak to a group is an important life skill.

SELECTING A TOPIC

One of the most difficult tasks in preparing a speech is the selection of a good and interesting topic. Look for or think about good information on your subject before beginning to write.

4th Grade - prepared speech on the following topic, "My Favorite________________." 1-2 minutes.

5th Grade - my role model or hero (2 - 3 minutes)

6th Grade - subject is open to the discretion of the speaker. (3 - 4 minutes)

7th - 8th Grade - subject is open to the discretion of the speaker. (4 - 5 minutes)

9th - 12th Grades - All speeches should relate, in some way to member's experiences in 4-H and/or things learned through 4-H. (It should be a promotional speech for 4-H.) Points will be deducted if speech is under 5 minutes or exceeds 7 minutes. The prepared speech will count 75 percent and an extemporaneous speech will count 25 percent of the score.

THERE ARE THREE BASIC STEPS EVERYONE MUST USE IN PREPARING A GOOD SPEECH

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

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

Conclusion - This is the ending or summarization part of your talk. Some ways to end a speech are:

- A brief summary of the main points of your speech.
- Closing with a high note like a poem, quotation or surprise statement.
- Concluding with a challenge.
- Concluding with a statement of your views on the subject.

Club contest speech winners will advance to county competition.
Pointers For Delivering A Good Speech

1. Practice......Practice.......Practice! Practice until you know your speech and feel comfortable giving it to others.

2. Your posture should be to stand straight and not stiff. Keep your hands at your side. Hand gestures should be natural and never rehearsed.

3. Notes can be used, but be sure they are on small cards. DO NOT READ YOUR SPEECH!

4. Include 4-H in your speech some way as this is a 4-H speech contest.

5. Speak in a natural tone of voice but loud enough that everyone can hear you.

6. If you need assistance in preparing your speech, you can check the library, your parents, teachers, magazines, books, newspapers or tell about your personal experiences.

7. Do not give your name at the beginning or end of your speech.

8. Make sure your speech is within the given time frame.

Additional information is available in 4-H publications on public speaking and are available at the Henry County Extension Office.
FEBRUARY

Photography Contest

ARE YOU A SHUTTER BUG? Here’s an activity for you. Select 1 or 2 pictures that you have made in the past year and mount them SEPARATELY on poster board or construction paper to make your exhibits.

Select photographs that show imagination! People don’t always smile and say “cheese”. They may be hugging or making faces. Experiment with different angles. Remember to get close enough to your subject for a good shot with sharpness. Move in close to buildings and be careful of the light in the background when taking photographs of buildings.

RULES

1. Each 4-H member may submit up to 2 photos.
2. Photos may be no larger than 5" X 7".
3. Mount your photo on construction paper, foam board or notebook paper. Fasten your picture to the board with looped or double-sided tape. This will make it easier to remove later. Do not put two photos on one mounting board!
4. Entries will be judged on quality of photo.
5. All photos should have a short title under the picture.
6. Place on the back of the mounting board:
   ♦ 4-Her’s name
   ♦ School
   ♦ Grade
   ♦ Teacher
7. Photos should be no more than 1 year old.
8. Photos can be color, black & white or sepia.
9. If your photo is chosen to participate in the state contest, you must provide a negative or digital format for your photo. You will be notified if your photo is chosen.

Holiday activities, summer vacation photos, 4-H camp pictures and wildlife scenes are examples of photos you might want to enter. Start selecting your best pictures today.
February

Get Creative And Start Saving!!

Learn how small change can count up! The purpose of this project is to get 4th grade 4-H’ers to learn to save some of their money.

Select any type container and decorate it for your own savings bank. The bank does not have to be a pig. Give it a name!

Each bank should be no larger than 12 x 12 inches. Each bank should have a place to put money in and a place to get the money out.

Then start saving your small change until May. In May, roll your change and deposit it in a savings account at a local bank or credit union. Use your creativity to help you start saving today!!

Bring your bank to school and they will be judged at your February 4-H meeting. First place winners will advance to the county event at the UT Extension Center at 1120 Tyson Avenue in Paris. The top three winners will each receive a $25 gift certificate from our sponsor Holley Credit Union. The three winners will be entered in the online State 4-H Piggy Bank Pageant.

Idea for making banks...
Use a milk carton. Make the “spout” into a “snout” and feed coins to the pig through the snout.
Use milk or soft drink bottles. Add legs, arms, wheels, etc. and feed coins through the opening or cut an opening in the top.
Use coffee cans or oatmeal boxes to create fun, dramatic or adventurous ways to save.
Purchase a plain bank from a craft store.

Idea for decorating banks...
Paint on polka dots, hearts, stripes, checks, flowers or abstract designs.
Paste on cut outs from magazines.
Paste on pieces of fabric or felt.
Use purchased stickers.
Paste on lace, ribbon or trim.

Make a bank with personality!!
Space
Baby
City Slicker
Glamorous
Athletic
Cool Teen
Farmer
Valentine

Or give your bank your personality!
MARCH

It's Bread Baking Time

WHAT YOU MAY BAKE
4th Grade - 3 corn meal muffins
5th Grade - 3 biscuits
6th Grade - 3 cookies (any type)
7th Grade - 3 brownies

8th Grade - quick loaf bread
9th Grade - 3 yeast rolls or bread (1 loaf)
10th - 12th Grades - 1 homemade cake (any type)

SUGGESTIONS TO FOLLOW

1. Bake the bread yourself. Use a recipe that you like, but not a mix.
2. Read all ingredients and instructions carefully before you begin.
3. Choose 3 bread items that are similar in size and are evenly browned.

Basic Recipes

Corn Meal Muffins
2 cups cornmeal
1/2 cup self rising flour
1 egg
1 cup milk
1 to 1 1/2 tablespoons oil

Preheat oven to 400°. Oil each muffin cup and heat the muffin pan until it is hot to prevent sticking.

Mix all the other ingredients adding extra milk if needed to insure mix is not too thick.

Drop mixture into prepared muffin cups filling each 1/2 to 2/3 full. Bake at 400° approximately 18 minutes until golden brown. Ovens vary in time so watch carefully.

Variations: use half and half for milk or use buttermilk.

Biscuits
(from a 1933 Recipe)

2 cups sifted flour
2 tsp. baking powder
4 tablespoons butter or shortening
1/2 tsp. salt
about 3/4 cup milk

Sift Flour once, measure, add baking powder and salt, and sift again. Cut in shortening or butter. (this is where I use my hands by rubbing the butter into the flour).

Add milk gradually, stirring until soft dough is formed. Turn out on slightly floured board and lightly "knead" for 30 seconds, enough to shape.

Roll 1/2 inch thick and cut with 2 inch floured biscuit cutter. Bake on ungreased sheet in a 400 degree oven for 12-15 minutes. Makes 12 biscuits.
March

Design the 2014 4-H Camp T-shirt

Calling all artists!

You could have your design on the 2014 4-H camp t-shirt.

To enter you must:

- Draw and color your design on a piece of paper no larger than 11" X 13".
- Turn your design in at our March meeting.
- Designs will not be returned.

Winner will be announced the last week of April.

Good Luck!
4-H Camps

The 4-H Club camping program has been a tradition for Henry County 4-H members for many years. Camps are available throughout the summer and a 4-H member may attend as many as he/she wants.

4-H clubs are designed to keep an active pace of activities including educational classes and recreation. Activities at camp include: swimming, crafts, archery, rifle range, sports, camp fires, early morning cookouts, ropes course, waterslide, wildlife house and more, all designed to bring home sleepy campers on Friday.

4-H members will be under the direct supervision of Extension agents and volunteer leaders (parents) and led by seasoned outstanding Senior 4-H club members.

Camp applications will be available during March club meetings. The deadline for camp applications will be announced in club meetings.

Camps 4-Hers may attend are:

* Jr. 4-H Camp (Grades 4 - 6) - June 2 - 6, 2014  
  (Approximate cost $260.00)
* Jr. High 4-H Camp (Grades 7 - 8) - June 30- July 3, 2014  
  (Approximate cost $230.00)

These are held at the Ridley 4-H Center in Columbia. If you are looking for a week of fun and excitement, 4-H camp is the place you should be. More details will be given at the March club meeting.

* Electric Camp (Grades 6 - 7) June 24 - June 27, 2014 This is a 4 day camp in Knoxville. 4-H'ers will build such items as lamps and compasses, and see many electrical demonstrations on the UT campus. 4-H'ers will also enjoy a trip to Dollywood while at Electric Camp. Everyone will be housed in the UT Knoxville dormitories.

* Jr. High Academic conference (Grades 6 - 8) June 10 - 13, 2014 Jr. High 4-H'ers must choose a project, fill out a short form and are selected to attend. This is a good opportunity to get a great tour of the Knoxville campus and make academic plans for the future. A trip to Dollywood is also enjoyed at Jr. High Academic Conference.
O.W.L. Camp (Grades 6 - 12) May 27 - May 30, 2014 Outdoor, Wildlife, Leadership camp is for 4-H members who love wildlife and the outdoors. Learn skills such as primitive fire building and Dutch oven cooking over a campfire. You will also learn about native wildlife and related careers. This camp is held at Brandon Springs in LBL.

Target Smart Camp (Grades 5 - 12) - June 30 - July 3, 2014. Shooting Sports Camp teaches firearm safety, responsibility and life skills. Participants may choose one area of discipline (archery, rifle, shotgun or black powder) and focus on that for an entire week. Other fun activities are also available throughout the week. This camp is held in Columbia, Tennessee. Transportation to this camp is on your own.

Line & Design Camp (Grades 6 - 12) - July 7 - 9, 2014. A fun consumer education camp teaching sewing skills, crafts, interior design, clothing, fashions and many other consumer education skills. Held at the University of TN at Martin.

Other fun 4-H trips:

- 4-H Round-Up - July 21 - 25, 2014. This is a week for outstanding Senior High 4-H members to assemble at UT Knoxville. Scholarships for Round-Up are made available by submitting a 4-H Record Book.

- 4-H Congress - March 30 - April 2, 2014. Ninth and Tenth grade members have the opportunity to spend 4 days in Nashville and learn about our state government. Experience mock legislative sessions, visit with our representatives, take tours of Nashville and meet many new friends. This will be one trip that you may never forget! Delegates are selected by 4-H agents. They are selected by their participation in 4-H.

For more information on available camping opportunities, please contact the Henry County Extension Service at 642-2941.
4-H Demonstration Do's & Don'ts

A 4-H demonstration may at first appear to be hard, dull and not much fun. But as you begin giving 4-H project demonstrations, we hope you will discover new ideas and improve your speaking ability.

What is a 4-H demonstration? It is really just an advanced type of SHOW AND TELL.

On what do you give demonstrations? It can be any ideas related to your 4-H project. You can show how you make an item, or it can be something you learned from your 4-H project. You are presenting an approved practice. Junior demonstrations should be 3 - 4 minutes, and Jr. High from 3 - 7 minutes.

Just like a speech learned in your 4-H club, a demonstration has three main parts. They are:

1. THE INTRODUCTION - Your introduction should be the "eye catcher" in your demonstration. Be sure to identify yourself. Also, state the purpose of your demonstration. You need one poster with the title of your demonstration to use while you are giving your introduction and getting started.

2. THE BODY (MAIN PART) - The main part of your demonstration should include a start-to-finish procedure. For example, how you made an apron. Use visuals to prove what you are saying.......either a poster, pattern or supplies you need. Supplies that are needed should be on the second poster.

3. THE CONCLUSION - Ending a demonstration could include summing up the main points of your demonstration. It could be showing the finished product or it could be answering a question you asked at the beginning.

Always tell in your ending what your source of information was or where you got your idea for your demonstration.
### DEMONSTRATION IDEAS

<table>
<thead>
<tr>
<th>PROJECTS</th>
<th>TOPICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Breeds of Beef Cattle</td>
</tr>
<tr>
<td>Citizenship</td>
<td>County Government</td>
</tr>
<tr>
<td>Clothing and Textiles</td>
<td>How to Knit, Crotchet</td>
</tr>
<tr>
<td>Communication/Public Speaking</td>
<td>Parts of a Speech</td>
</tr>
<tr>
<td>Companion animals (Cat, Dog, Rabbit)</td>
<td>How to Care for Small Pets</td>
</tr>
<tr>
<td>Computer Technology</td>
<td>How to Use the Internet</td>
</tr>
<tr>
<td>Consumer Ed/Economics</td>
<td>Spend, Share and Save</td>
</tr>
<tr>
<td>Dairy</td>
<td>Dairy Showmanship</td>
</tr>
<tr>
<td>Electric</td>
<td>Wiring a Lamp</td>
</tr>
<tr>
<td>Engineering/Safety Science</td>
<td>Bicycle or Lawnmower Safety</td>
</tr>
<tr>
<td>Entomology</td>
<td>Making An Insect Collection</td>
</tr>
<tr>
<td>Forestry/Wildlife/Fisheries</td>
<td>Identifying Leaves &amp; Trees</td>
</tr>
<tr>
<td>Food Science</td>
<td>Food Safety</td>
</tr>
<tr>
<td>Goat</td>
<td>Products Made from Goat Milk</td>
</tr>
<tr>
<td>Horse</td>
<td>Tack Care</td>
</tr>
<tr>
<td>Horticulture/Garden</td>
<td>Planting Flowers</td>
</tr>
<tr>
<td>Leadership/Personal Development</td>
<td>Parliamentary Procedure</td>
</tr>
<tr>
<td>Line and Design</td>
<td>Holiday Decorations</td>
</tr>
<tr>
<td>Nutrition/Health/Fitness</td>
<td>Making Healthy Snacks</td>
</tr>
<tr>
<td>Performing Arts/Recreation</td>
<td>How to Play an Instrument</td>
</tr>
<tr>
<td>Photography</td>
<td>Types of Cameras</td>
</tr>
<tr>
<td>Plant Science</td>
<td>Identifying Plants and Their Parts</td>
</tr>
<tr>
<td>Poultry</td>
<td>Care for Baby Chicks</td>
</tr>
<tr>
<td>Sheep</td>
<td>Newborn Lamb Care</td>
</tr>
<tr>
<td>Swine</td>
<td>Parts of a Hog</td>
</tr>
<tr>
<td>Veterinary Science</td>
<td>Prevent Sickness in Animals</td>
</tr>
</tbody>
</table>

**Giving a Demonstration**

1. Choose a subject you are familiar with and can tell a lot about. Choose something you can tell about from personal experience.
2. Posters should be used...not notebook paper. Lettering on posters should be large. Use creativity and good art work on posters. Recommended poster size is 14 X 22 inches - \( \frac{1}{2} \) piece of poster board. It's usually good to have 3 posters. (Title poster and 2 others to help tell your story.)
4-H Club Community Service Projects

"Learning by Doing" has long been the 4-H Slogan. One of the best activities to get involved with is 4-H COMMUNITY SERVICE. The purpose of this 4-H activity is to help teach citizenship and leadership through a group effort.

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

Popular projects to team with your service endeavor are safety, conservation, health, and arts and crafts. Each individual 4-H club member should be involved in some way. Ideas should be discussed by the club president, 4-H teacher/leader and school 4-H volunteer at November and January meetings. A written report of the activity and how it turned out should be submitted by April 1. It is helpful to secure a parent volunteer to assist with the club's project.

Judging will be done by volunteer leaders. Awards will be announced by the end of March. Prize money will be awarded to clubs with the top four service projects. Also, your club will earn a lot of points toward the trophy club award by completing a service project. The better the project completed, the more points earned.

Below are examples of community service ideas:

- Sponsor a week's activities tied to drug abuse, bus safety, fire protection, etc. using bulletin board and school-wide activities.
- Make tray favors for a holiday to be used at the hospital or nursing home. (Grade 4)
- Plant flowers to beautify school grounds.
- Have school bulletin board promoting safety at school or safety on the bus.
- Perhaps your club could write a skit or play dealing with safety or citizenship and present to a younger group at school. This could be a reading and 4-H project combined.
- Collect aluminum cans and recycle with money being given to charity.
- Adopt a local cause such as Helping Hand, Heart Association, Ronald McDonald House and help in working for their benefit.
- Launch a program for school or roadside beautification.

These are only a few ideas which might be helpful. You will think of many others with the help of other 4-H members, parents and volunteer leaders.

POINT SHEETS ARE DUE AT OUR CLUB MEETING IN MARCH.
Judging Teams

HORSE JUDGING - Horses are judged for conformation and performance. Grades 4 - 12 (April)

DAIRY JUDGING - Judge milk cows and dairy heifers. Grades 6 - 12 (August)

LIVESTOCK JUDGING - Judge beef, swine and sheep. Grades 4 - 12 (November)

LIFESKILLS - Learn basic life skills while having fun. Grades 4 - 8 (September)

SOIL JUDGING - You learn about the characteristics of soil, such as texture, water holding capacity, and erosion. Grades 6 - 12 (October)

FORESTRY JUDGING - Identify trees by their leaves, seed and wood. Grades 6 - 12 (September)

WILDLIFE JUDGING - This consists of learning the different Tennessee wildlife species and their food and habitat needs. Grades 6 - 12 (May)

MEATS JUDGING - Learn to identify retail cuts and how to select the best cuts. Grades 6 - 12 (September)

CONSUMER SKILLS JUDGING - Learn life skills you will use the rest of your lives. Grades 9 - 12 (September)

HORSE BOWL & HIPPOLOGY—Learn all about horses, tack, care, riding disciplines. Grades 4 - 12 (January)

OUTDOOR MEAT COOKERY - Learn how to grill and prepare meat. Grades 6 - 12 (September)

You will find a form to fill out at the end of the book and turn in to your 4-H leader or at the Extension office at 1120 Tyson Avenue or mail to Henry County Extension, PO Box 188, Paris, TN 38242
ANIMAL PROJECTS
FOR YOU IN BEEF, SWINE, SHEEP, DAIRY, GOATS, DOGS & HORSE

DO YOU LIKE ANIMALS? DO YOU LIKE TO HAVE FUN?
THEN WHY NOT PARTICIPATE IN 4-H LIVESTOCK
ACTIVITIES? In each project, you raise and care for the
animals at home as well as participate in one or more of the
livestock shows. Livestock project participants learn
responsibility, how to handle investments, how to properly
raise animals and good sportsmanship. Consider one or more
of the projects listed below and return the form from the
next page.

BEEF HEIFER - There are many opportunities and great self-satisfaction in showing
beef heifers. Starting with a beef heifer can lead to a whole herd. There are classes
for both registered and non-registered heifer. Show opportunities include the district
and state junior livestock exposition in July, the Henry County Fair, other area county
fairs and breed association sponsored shows.

BEEF STEER - Any purebred or crossbred can be shown. Calves should be of beef
breeding only and of high quality. Steers may be farm reared or purchased
from producers or feeder calf sales. Weigh-in is tentatively set for mid-
March and all steers should be purchased and halter broken by that time.
Steer show opportunities include district and state junior livestock expositions in July and the Henry County Fair.

BREEDING SHEEP - Like the beef heifer project, showing breeding ewes can lead to
owning a whole herd. Ewes must be registered in the name of the exhibitor. Junior ex-
hibitors may show at the district and state junior livestock exposition in July.

MARKET LAMBS - This project is fast growing in the number of participants. It often
is the best choice of livestock projects particularly for the first time participant. Lambs
may be either ewes or wethers and may be crossbred. Lambs must be on the farm and
under the care of the exhibitor by the weigh-in usually held in mid-May.

MEAT GOATS - 4-H members will be able to show their meat breed goats at local fairs
and at the State Junior Meat Goat Show in September. Kids must be on the farm and
under the care of the exhibitor by the weigh-in, usually held in mid-May.

MARKET HOGS - Henry County 4-H'ers may weigh-in two market hogs and show one at
the Henry County Fair. Hogs eligible for the county fair show must be weighed in and ear
tagged near the first of May. The date will be announced at a later time.
(Animal Projects continued)

**DAIRY** - Heifers and cows may be shown at the Henry County Fair, other area county fairs and in district and state 4-H shows. All animals must be in exhibitor's possession and registered in the name of the exhibitor by July 1.

**HORSE** - Henry County 4-H'ers have opportunities to show horses at the local, district and state levels. A variety of classes are offered to include hunter, jumper, gaited and western horses. Horses must be enrolled in the program by March 1st.

We invite new participants to join us in these livestock activities which are already enjoyed by many Henry County 4-H'ers. We are available to assist you in selecting a good project animal and to provide further details just by calling 642-2941. Please call or return the form shown below if you plan to be involved in any of the aforementioned activities. We will contact everyone returning the form to answer specific questions and to provide additional information.

To select animal projects fill out the form at the end of this book and give it to your 4-H leader or mail it to Henry County Extension, PO Box 288, Paris, TN 38242. For more information call 731-642-2941.

---

**COUNTRY HAM PROJECT**

The Country Ham Project is an activity for 4-H members in the 4th - 12th grade who do not have an animal in the livestock projects. Members will cure two hams for the Fair in August. The participants will prepare a ham record book and give a speech about ham curing. Participants will choose one ham to be judged and put on display in the exhibit building during the Fair. On Saturday of Fair Week participants will auction off one of their hams.

4-H members have the option of home curing their hams in their own smokehouse or they can cure their hams at Clifty Farms. If members wish to home cure their hams they should allow for a minimum of 180 days to complete the curing process. Members curing their hams at Clifty Farms will go through the process with other participants and will allow 90 days for the hams to cure.

Fill out the Country Ham form at the end of the book if you would like to participate in this project. For more information call the Extension office at 731-642-2941.
FACE WILDLIFE CONTEST

Whether you hunt or just enjoy wildlife, the 4-H FACE (Food and Cover Establishment) contest offers you the opportunity to improve the wildlife habitat on your land. Contestants enter the contest by planting a food plot (seed will be provided) in the location most suitable for wildlife. The contestant also keeps records of the plot about the general production of the plot, the location and the actual wildlife observed at the site of the plot.

To receive seed and for further information, complete and return the form in the back of the book no later than MARCH 1. Please call 642-2941 if you have questions.

SHOOTING SPORTS

So you like the outdoors and shooting competitions?

Then 4-H Shooting Sports may be just for you! 4-H Shooting Sports includes the shotgun disciplines of skeet, trap and sporting clays. Shooting Sports is open to 4-H members in the fourth through twelfth grades.

4-H members must provide their own gun and ammunition. Practices start in the spring with the season running from April to July. The fee to join is approximately $100.00. This fee covers targets, practice fields and membership dues.

Fill out the Shooting Sports form at the end of the book if you are interested in participating in the Shooting Sports program. For more information call 731-642-2941.
Fair Days

Have you ever made or grown something you are proud of? Why not take the opportunity to share it with others by entering it in the county fair? There are many categories to enter and they are open to all Henry County youth......not just 4-H'ers.

Remember, at the fair, you receive prize money along with ribbons. Here is a partial list of items you can enter:

**Hobbies**
- Scrapbook
- Birdhouse
- Tie dye article
- Collage
- Entomology Collection
- Clay pot art
- Legos

**Bakery & Canned Goods**
- Biscuits
- Cookies
- Iced brownies
- Quick loaf bread
- Cornmeal muffins
- Yeast bread
- Fried pies

**Crafts**
- Painted T-shirts
- Wooden article
- Yarn item
- Handmade toy
- Nature craft
- Christmas ornament

**Stitch & Sew**
- Embroidery
- Dress
- Counted cross stitch
- Quilt square
- Apron
- Pillow

There are many other categories to enter. Sorry, there is not room to list them all. For a more detailed list, refer to the Henry County Fair catalog. These are usually printed and ready for distribution by the first of July. Pick up your copy at the Extension Office, a local business or from a local fair director.

Use your summer free time to stitch, or create lots of wonderful items to enter. Remember, if you're proud of it, bring it to the fair!
PROJECT PORTFOLIOS FOR 4TH & 5TH GRADERS

RECORDS! We hear about records everyday. Hit records, breaking school team records, track records and last but not least, your 4-H records. Yes, record keeping is easy, fun and an essential part of every 4-H project. As you work on your 4-H project, write down what you do on the record sheet for that project. Also, make pictures, collect news articles you have written, keep ribbons that you have won and other miscellaneous items. Keep all of these things in a box just for your 4-H work. Then when you get ready to assemble your record book, you will have all of your materials in one place.

It will be necessary for you to have a folder of some type. The best kind for 5th graders is the paper type folder with side pockets on the inside. (No scrapbooks will be accepted for use as a record book.)

A good record book is organized. It needs to be divided into the sections underlined below. You should use dividers between each section. Use sheets of plain paper to mount pictures and news articles. A neat record book shows your ability to get things done. All sections with an * are required. Others are optional.

SECTION 1 - COVER PAGE*
1. Cover page with a small picture of yourself should be on the first page. (Optional)
2. Under the picture or on a blank sheet, write the following information:
   Name, address, name of club (not just 4-H clubs) but an actual name such as Paris Elementary 5th grade, Mrs. Teacher - Henry County)

SECTION 2 - TABLE OF CONTENTS*
On a plain sheet of paper, list the order of the book.
The order should be as follows:

Table of Contents
County Junior Activity Sheet
Project Record Sheets
My 4-H Story
Pictures
Miscellaneous

SECTION 3 - HENRY COUNTY JUNIOR ACTIVITY REPORT*
A county report form should be kept for each year you are a 4-H member. The 4-H year is August to August. This activity record is on page 31 of this book. Be sure to fill this out on both sides listing what you have done in your club, your project and in leadership and citizenship with other members. You may also list entries you made in the fair of that year.
RECORDS SECTION 4 - PROJECT SHEET*
Only your record sheets are to be kept in this section. Most project records are in the back of your record book. You should keep the rest of your project guide booklet with your box of 4-H materials, not in your record book.
Some projects do not have a record sheet in the project book. Records for these are Form 540 or special record books.
HORSE Horse Record Book Form 673
PHOTOGRAPHY Photography Activity Form
WOODWORKING, BEEF MARKET, HOGS, SMALL ENGINE Form 540

SECTION 5 - MY 4-H STORY*
Your 4-H story is a very important part of your record book. It should be written each year and a new story written the following year. Tell things you did in your club and especially what you did in your project. Here is the order of paragraphs for your story. (Story should be 1 page in length.)
PART 1 - Introduce yourself. Include your age, your interests, where you live, size of family and when/why you joined 4-H.
PART 2 - Tell about the 4-H project or projects you took this year. Tell what goals you set and what you finished. Describe the things you tried and found successful and those that were unsuccessful.
PART 3 - Tell about the things you have done in your club such as being an officer, contests entered, helping with 4-H bulletin board, giving demonstrations or leading pledges.
PART 4 - Tell about other 4-H activities which you worked on. Include if you entered things in the fair or worked on a 4-H Club Community Service Project. Also, tell in this part about any activities you have entered on the county level such as dress revue, public speaking, county demonstration day, county achievement banquet, etc., and if you are a member of a project group.

SECTION 6 - PICTURES
Start a section in your book for pictures of you working on your 4-H project. Action pictures are better than posed ones. "Before" and "after" pictures are good too. Pictures can help tell your 4-H story. Under each picture write a short sentence which tells what the pictures show. You need at least one picture dealing with your main project each year, so we can see progress in what you are doing.

SECTION 7 - MISCELLANEOUS
This is the section where you can include news articles that you have written. Also, you can keep important letters you have received, a list of ribbons won or actual ribbons. This is a miscellaneous section so you can keep anything related to 4-H for your benefit here.

YOUR Project Portfolio is DUE AT YOUR APRIL 4-H CLUB MEETING Your project portfolio should be up-to-date and ready to turn in at this meeting.
Your 4-H Project Portfolio will be scored as follows:
(Will have all 7 sections and more than 1 project completed this year)
GOLD STAR............Excellent GREEN STAR............Good RED STAR.......Poor
SILVER STAR............Very good BLUE STAR................Fair
Henry County Jr. Activity Record

Member's Name__________________________Teacher's Name__________________________

School________________________________Grade________Parent(s) Name__________________________

Officer of 4-H Club (if any)__________________________

A. Contests and Activities I have entered (check the contests you entered & ribbon received.)

<table>
<thead>
<tr>
<th>LOCAL CLUB</th>
<th>COUNTY CONTEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contests</td>
<td>Purple</td>
</tr>
<tr>
<td>4-H Poster</td>
<td></td>
</tr>
<tr>
<td>4-H Recycled Craft</td>
<td></td>
</tr>
<tr>
<td>4-H Public Speaking</td>
<td></td>
</tr>
<tr>
<td>4-H Photography</td>
<td></td>
</tr>
<tr>
<td>4-H Bread Baking</td>
<td></td>
</tr>
<tr>
<td>4-H Camp T-shirt</td>
<td></td>
</tr>
<tr>
<td>Demonstration</td>
<td></td>
</tr>
<tr>
<td>Exhibit</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

B. I gave a 4-H demonstration on___________ during my club meeting in______________________.

C. One of the 4-H projects I have taken is____________________. Some of the things I have done this year in my project are:

<table>
<thead>
<tr>
<th>Tasks performed</th>
<th>Number of Times</th>
<th>Hours Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2nd Project taken

<table>
<thead>
<tr>
<th>Tasks Performed</th>
<th>Number of Times</th>
<th>Hours Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
D. Leadership & Citizenship
   1. Individual Member Assistance (assistance you have given individual 4-H members with
      their project work.) List names, how you helped them and total number of times.

<table>
<thead>
<tr>
<th>Name</th>
<th>Kind of Assistance</th>
<th>Total Number of Times</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   2. Leadership in club or group of which you are a member (list the year, office held or
      committee served on and your responsibilities.

<table>
<thead>
<tr>
<th>Year</th>
<th>Kind of Office/Committee Served On</th>
<th>Your Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

E. Fair participation (exhibits). I have entered animals in the following show(s):
   Beef _____ Horse _____ Dairy _____ Sheep _____ Swine _______

<table>
<thead>
<tr>
<th>Entry</th>
<th>Award</th>
<th>Entry</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>6.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>7.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td>8.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td>9.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
</tbody>
</table>

F. Community Service Projects you have participated in to help others in your community.
   1.
   2.
   3.
   4.
APPLICATION FOR WILDLIFE FOOD PLOT CONTEST SEED

1. I agree that I will establish a wildlife plot with seed that I receive.
2. I agree to abide by the rules of the contest and keep accurate records.
3. Date__________________________

Signature of 4-H Member____________________________________________________

Parent(s) Signature________________________________________________________________

Address_________________________________City__________________________

Phone Number__________________________School____________________________

Return this form to the Henry County UT Extension office as soon as possible, but no later than MARCH 1 to receive seed.

Shooting Sports Participation

Return this form to the Extension office by January 15th. The Extension office is located at 1120 Tyson Ave, or you can mail this to Henry County Extension, PO Box 188, Paris, TN 38242. For more information call 731-642-2941.

Name:_____________________________________________________________________

Address:________________________________________City/ST/Zip_________________

Telephone Number:________________________________________________________

Parent's Signature:_________________________________________________________________
4-H Judging and Contest Teams

Please detach and send to Henry County Extension Service, P. O. Box 188, Paris, TN 38242 by November 15.

Name_________________________________ Grade__________ Age__________

Address________________________________ City/ST/Zip__________________

Telephone ____________

School________________________________________

Please indicate your first, second and third choice in the space provided by each project.

Horse________ Outdoor Meat Cookery_________

Forestry_______ Meat________

Dairy_________ Life Skills________

Livestock ______ Wildlife__________

Soil ________ Horse Bowl & Hippology__________

Consumer Skills ________
ANIMAL PROJECTS
Return this form to the Extension office by January 16th.

Detach and mail to: Henry County Extension Service
P. O. Box 188
Paris, TN 38242

Name_________________________________ Phone _______________________

Address________________________________ City ________________________

School______________________________________ Grade ________

Parent(s) Signature__________________________

Indicate with a check mark those you are interested in:

( ) Beef Heifer ( ) Meat Goats

( ) Beef Steer ( ) Market Hogs

( ) Breeding Sheep ( ) Dairy

( ) Market Lambs ( ) Horse

COUNTRY HAM PROJECT
Return this form to the Extension office by January 16, 2014.

Please detach and send to: Henry County Extension
P. O. Box 188
Paris, TN 38242

Name_________________________________ Phone _______________________

Address________________________________ City ________________________

School______________________________________ Grade _______________________

Parent(s) Signature__________________________
4-H Project Selection Guide

Welcome to 4-H! You have decided to become part of the largest youth development program in the world. You and the other 328,000 Tennessee 4-H participants are now “students” of the University of Tennessee. The 4-H program will help you develop skills you need to succeed in life. You will develop those life skills through project work. So, your next step is to select your 4-H project. What do you like to do? What would you like to learn more about? Tennessee 4-H has 26 program areas for you to choose from. Working with your parents and 4-H leaders, read through the brief descriptions of the projects listed below and sign up for your 4-H project.

**Beef**
The 4-H beef program will teach you to select, manage, produce, market and show cattle.

**Citizenship**
This project will help you learn to value others and to be a good citizen of you local, national, and global communities.

**Clothing and Textiles**
The Clothing and Textiles project will help you acquire the skills and knowledge necessary to plan, select, make, assemble, and care for suitable clothing for work, school and social events.

**Communications/Public Speaking**
This project will help you to learn to express yourself in a variety of ways, from speeches to written communication.

**Companion Animals**
This 4-H project is for you if you want to learn how to select, care for and train a dog, cat, rabbit or other small animal for personal or family enjoyment. The 4-H dog care program will help you learn about Health care.

**Computers and Technology**
In this project, you will learn to interact with computers and technologies to explore the world of animated presentations, interactive Web sites, geographic information systems (GIS), Global positioning systems (GPS), robotics and video editing.

**Consumer Education/Economics**
This project will help you learn about being a good consumer as you explore smart shopping, income, expenses, saving money, credit and needs vs. wants.

**Dairy**
The 4-H dairy program will teach you about the selection, production, management, health and showing of dairy animals.

**Electric**
Learn about the exciting world of electricity through this 4-H project. Atoms and electricity, current and voltage, generating electricity, electrical circuits and applications and using electricity safely—it’s all here for you.

**Engineering/Safety Science**
In this project, you will learn about areas from bicycles and lawn mowers to leaf blowers and tractors.

**Entomology**
This project will lead you into the exciting world of insects and their arthropod relatives. Learn about bees and other insects found in the soil, on plants, in homes, on pets, and in other secret places.

**Forestry, Wildlife and Fisheries**
You can find lots to do in this great outdoor adventure. Learn about fish and wildlife and the habitats in which they live. Check out outdoor sports, such as fishing and hunting. Learn about forests and how they contribute to people and wildlife.

*These programs are part of the 4-H Animal Science project.*
Food Science
In this project, you will learn about food safety and food science. Learn how food goes from the farm to your table. Also learn how to safely prepare foods for yourself and others.

Performing Arts/Recreation
Express yourself creatively through dance, music and drama in 4-H performing arts. Explore the recreation program and develop leisure time activities such as hobbies games, collections and outdoor adventures.

Goat*
The 4-H goat program will help you learn about feeding, caring for, managing, selecting and showing goats.

Photography
This project will help you learn how to use a camera to capture images on film. Explore flash techniques, lenses, shutter speeds and more.

Horse*
The 4-H horse program will allow you to develop horsemanship skills. You will also learn skills through educational activities such as horse judging, horse bowls, hippology, speech and demonstration contests. You don't have to own a horse to be involved.

Plant Science
In this project you will learn how food and fiber are produced. Explore soils, plants, crop production and more.

Horticulture/Garden
This 4-H project is for you if you're interested in selecting, planting and growing (and sometimes harvesting) plants for home food production and beautification.

Poultry*
The 4-H poultry program will teach you about chickens from the egg to the table. Get involved in embryology, poultry judging, growing and managing a small flock of chickens and chicken barbecue programs.

Leadership/Personal Development
This project will bring out the best in you as you learn about yourself and what you can do. Learn how to work with and lead others at home, at school, and in the community.

Sheep*
The 4-H sheep program will help you learn about the selection, production, management, marketing and health of sheep and wool production.

Line and Design
In this project you will learn to express your creativity through art, crafts, fashion and interior design.

Swine*
The 4-H swine program will help you learn about the selection, production, breeding and management of swine.

Nutrition, Health and Fitness
This project will help you learn about food preparation, health foods, career opportunities and personal health.

Veterinary Science
This 4-H project is for you if you're interested in learning about animal health and behavior, and how modern veterinary practices increase animals' health, comfort, recreation and livestock values.

Learn more online at http://4h.tennessee.edu