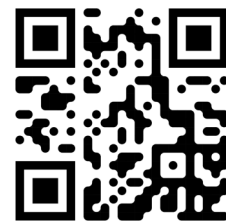


2024-2025 Coffee County 4-H Yearbook



931-723-5141

<http://coffee.tennessee.edu>



Welcome to 4-H!

4-H is a community of young people learning citizenship, leadership, and life skills. It is designed to teach life skills through fun, hands-on activities. Coffee County 4-H offers 4-H programs in a school setting. There are also many other opportunities for participation in other areas. To make 4-H available to everyone, we offer afterschool, out-of-school, and summer programs.

The Coffee County office is located at:

UT-TSU Extension
1331 McArthur St.
Manchester, TN 37355

UT-TSU Extension is located within the Coffee County Administrative Plaza.

Office hours: 8 am - 4:30 pm

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Follow us on **Facebook** at UT-TSU Extension—Coffee County

(931) 723-5141
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4-H Pledge

I pledge my head to clearer thinking,
my heart to greater loyalty, my hands to larger
service, and my health to better living for my club,
my community, my country, and my world.

4-H Motto

To Make the
Best Better

4-H Colors

Green & White

4-H Slogan

Learn By Doing



4-H Emblem

The 4-H Emblem is a
green four-leaf
clover with a white "H"
on each leaf.
The H's stand for
Head, Heart,
Hands, Health.



Participation

To receive a 100% Participation Award, each 4-H'er must fulfill 3 requirements in their classroom club.

1. Present a Speech
2. Present a Demonstration
3. Make a 4-H Poster

4-H'ers with 100% Participation will:

- ★ Receive a medallion
- ★ Be entered in a drawing for a Junior Camp Scholarship

2024-2025 4-H Schedule

4th—6th grades

Month	Program	Contest	Next meeting
Sept. Meeting date:	-Enrollment -Elect officers -Distribute handbooks -4-H activity -Review poster contest guidelines	No contest	Prepare a 4-H Poster.
Oct. Meeting date:	-Learning how to write and deliver a speech -Participate in a lesson on nonverbal communication	4-H Poster: digital and physical	Write and practice your speech.
Nov. Meeting date:	-Listen to speeches -Participate in a communication activity	Speech	Capture and print a Photograph.
Jan. Meeting date:	-Learning how to Prepare and present a Demonstration/ Interactive Exhibit	Photography	Prepare and practice your Demonstration/ Interactive Exhibit.
Feb. Meeting date:	-Listen to presentations -Participate in a consumer education activity	Demonstration/ Interactive Exhibit	Design and make a Piggy Bank
March Meeting date:	-4-H Camp promotion -End of year survey	Piggy Bank	

Club Meeting Outline

The President, Vice-President and Secretary should stand at the front of the room.

President: (Rap the gavel two times quickly) I now call this 4-H club meeting to order. Will everyone please stand and say the 4-H pledge led by

_____.

Members: Say pledge together

President: I now turn the meeting over to the Vice-President.

Vice-President: Our thought for the day will be read by _____.

Selected member: Read the thought for the day

Vice-President Our secretary will now read the minutes of the last meeting.

Secretary: The minutes of the last meeting are as follows. (Read Minutes)

President: Are there any corrections or additions to the minutes? If not, the minutes are approved as read. I now turn the meeting over to the 4-H Agent.

All officers now have a seat.

The 4-H agent will conduct the program then turn the meeting back to the president.

President: Is there any further business or announcements? If not, this meeting is adjourned! (Rap the gavel one time)

Thoughts for the day:

October: "Every day may not be good, but there is something good in everyday"
– Alice Morse Earle

November: "Every accomplishment starts with the decision to try" .-unknown

January: ""Keep your face always toward the sunshine, and shadows will fall behind you." - Walt Whitman

February: "Everyone you admire was once a beginner." – Jack Butcher

March: "You'll never do a whole lot unless you're brave enough to try." – Dolly Parton

Poster

Showcase your artistic talent by designing a poster for the Tennessee Poster Contest! This year we are giving you the opportunity to create a poster either physically or digitally. You must choose either a physical or digital poster, you can not do both.

Physical Poster Guidelines

- Poster MUST promote 4-H and include the 4-H Emblem
- The clover must not be altered in any way.
- Your Name, Grade, Teachers Name, and County MUST be written on the back of the poster
- Your design MUST be original (No Spongebob, Bluey, Disney, Nickelodeon, etc) If its on tv, it can't be on your poster!
- There can be nothing on your poster that extends more than 1/8th of an inch off your poster
- Poster MUST be oriented horizontally and no more than a 14X22 inch size. A regular sheet of poster board cut in half will get you the size you need.
- **NO GLITTER**

Digital Poster Guidelines

- Poster MUST promote 4-H and include the 4-H Emblem
- The clover must be presented exactly as the bottom of the page does.
- Your design MUST be original (No Spongebob, Bluey, Disney, Nickelodeon, etc). If it's on tv, it can't be on your poster!
- Products should be saved as either a PDF or PNG (This should be standard but double check to make sure.) The file will have the file name and either .pdf or .png at the end of it.
- Rename files to say "StudentName_TeacherName_Grade". For example (JohnDoe_Sherlock_5thGrade)
- Save file to a high resolution so it shows up clear and not blurry or pixelated
- Programs recommended to use for this: Microsoft PowerPoint, Microsoft, Publisher, Adobe Illustrator, Adobe, InDesign, Canva
- Make sure posters are oriented landscape (Horizontal)
- Finished products can be emailed to [**ext-coffeeco@utk.edu**](mailto:ext-coffeeco@utk.edu)



Tips for Writing a Speech

Categories of Speeches (P.I.E.)

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

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

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

How to Write Your Speech

1. **Choose your topic:** You may be asking yourself, “How do I choose a topic?” Your speech can be about anything you want. Remember to choose something you like & know something about. Sample topics are:
 - * your pet
 - * your hobby
 - * your summer vacation
 - * a book you've read
2. **Know Your Audience:** Speak about something that interests you and your classmates.
3. **Outline:** Create an outline of the major points of your speech you want to talk about.
4. **A catchy introduction:** needs to grab the attention of the audience. This could be a joke, quote or question. Also, tell them what you're going to talk about in the body.
5. **Body:** explains or describes the points of the speech. Usually, you will give 3 main points.
 - * be logical with the order of information (sequence)
 - * get personal with examples & stories
6. **Conclusion:** Reminds the audience of the most important ideas of your speech
 - * begin with “In closing, “ or “In conclusion”
 - * summarize what your speech was about & tie everything together

Speech Organizer

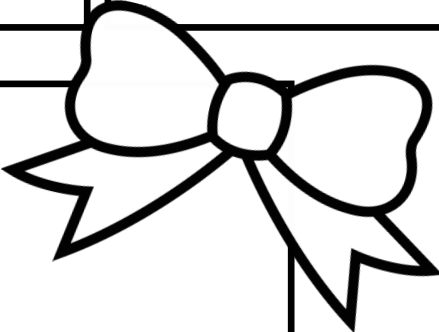
Topic: _____



Introduction:

Main Idea #1	Main Idea #2	Main Idea #3
Supporting Details	Supporting Details	Supporting Details

Conclusion:



How to Present a Great Speech

Voice: Your voice is a great tool in communication. What you have to say is important so you want the audience to hear you.

1. Speak up – Don't shout at the audience, but use a "big" voice
2. Speak at a slower pace
3. Work on word pronunciation
4. Be confident
5. Be natural and relaxed

Eye Contact: This can make a huge difference in the audience interest in what you say.

1. Maintain eye contact with the audience. Focus at looking at the audience throughout your speech.
2. Try not to stare at an object in the back of the room.
3. Look for your friends in the audience, but don't forget about everyone else.

Posture: How you stand during your speech is important. You want to appear confident and interested in your speech.

1. Stand up tall, hold your notes at chest height, not in front of your face.
2. You can walk while presenting your speech.

Gestures & Expressions: Expressions are a powerful addition to any speech. But BEWARE: they can also be a distraction.

1. Use hand gestures that are natural to you.
2. Hold your notes in your hands, but try to avoid "playing" with them.
3. Smile! Look happy and excited about your speech.

Write it out. Don't read your speech, but do have it written out in front of you on note cards or on paper. You don't have to memorize your speech.

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

Practice, Practice, Practice: You can't practice too much. Give your speech in front of anyone who will listen: parents, brothers, sisters, neighbors, friends, dogs, cats, fish, to yourself in the mirror. Be prepared.



Are you ready to give a speech in your classroom?

You can give your speech on any topic you choose! Pick a topic that you know about. You can talk about your family vacation, favorite animal, pet, or a good book you read. Let your imagination be your guide. **Below is the list of what we are looking for in your speech.**

Poise, Posture
Calm, pleasant, confident, at ease
Good posture
Topic Selection
Age appropriate, one theme
Voice
Pitch, volume, speed, tone, rhythm
Clear pronunciation
No long pauses, no "extra" words (um, uh, you know)
Audible at all times, distinct, natural voice
Enthusiastic, personality shows through
Speaker captures and retains audience attention
Speech
Well organized, logical order
Introduction, body and conclusion
Up-to-date, accurate, relevant information
Sticks to subject
Adheres to time limits
Use of Language
Appropriate word choice, clear, correct phrasing
Uses correct grammar
Expression
Good eye contact
Appropriate gestures, body language

Time limits are as follows:

4th grade	1 to 3 minutes
5th grade	2 to 5 minutes
6th-8th grade	3 to 7 minutes
9th-12th grade	3 to 7 minutes



The Coffee County 4-H Speech contest will be held January 2025.

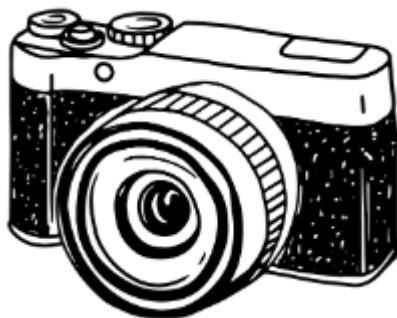
Participants will be selected and notified at their November 4-H meeting. 4-H agents will be selecting up to three students per class to represent their class and school in the county wide speech contest.

Photography Contest

Show off your skills with a camera and capture a beautiful picture to be submitted to our county Photography Contest!

Guidelines

- Each member can only submit ONE photo to be judged
- The photo must have been taken by the member.
- Photos must be current (Taken AFTER February 1st, 2024)
- Photos MUST be attached to an 8 ½ X 11 sheet of copy paper (either glued or taped). On the back, students Name, Grade, Teacher, School Name, and category entered must be written on the back of the paper.
- There are seven different categories photos can be entered in:
 - Action-** A photo of something being done/performed (Basketball, ballet, running, etc)
 - Animals (livestock)** - cattle, sheep, pigs, goats, chickens, etc.
 - Animals (exotic)** - non-native species
 - Animals (pets)** - dogs, cats, etc.
 - Structures** - bridges, towers, buildings
 - People** - Your friends, family, etc.
 - Landscape (water)** - oceans, lakes, rivers, ponds
 - Landscape (land)** - mountains, forests, fields, deserts
- Members must choose ONE category and enter ONE photo for it
- Photos will be returned upon completion of judging



4-H Project Demonstrations For 4th & 5th Grade Members

Join the fun! Share your skills! Presenting a demonstration gives you a chance to share something you have learned with your class. Be sure it is a teaching moment.

Guidelines to Follow

1. In a demonstration, you should both **show** and **tell how** to do something. You may also show how to make something or how something works. Choose a topic that is neither too complicated nor too simple. **All topics must be approved by your teacher.**
2. All 4-H members must do individual demonstrations. No partners allowed.
3. Both **posters** and **project materials** (props) should be used in a demonstration along with the **spoken script (speech)**. Posters are highly recommended but not required.
4. Do Not use live animals or babies. Do Not use audience participation. Do Not use videos, DVDs, or power point programs. Do Not use tri-fold boards instead of posters. Do Not bring any items that are prohibited at school.
5. No paper-folding crafts. They are too simple.
6. Your demonstration should be **no more than 3 minutes** long.
7. A good demonstration has three main parts: Introduction, Body and Conclusion.

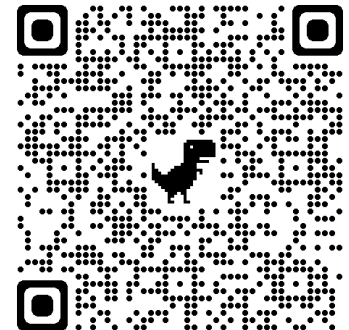
Steps in Planning and Giving a Demonstration

1. Planning

- Choose one simple idea that you are comfortable teaching
- First, plan the **Body** by listing the steps involved in the demonstration. Write an explanation to go with each step. Plan how to show each step.
- Plan the **Conclusion** next, restating the main points. Be sure to show the finished product if you have one and give the source of your information.
- Then, plan the **Introduction**. This should introduce your topic, not you. Select a catchy title. Think of an opening statement that lets your audience know what you are demonstrating and the purpose of your presentation.
- If your demonstration has a number of steps that require some “waiting time” in between the steps, plan to bring examples of the project at each stage in the process. This is often the case with crafts or foods, and will require more materials. This is how you can show the whole project within the time limit.

2. Preparation

- Make a list of all materials and equipment needed. Gather these supplies.
- Posters are highly recommended, but not required. If you choose to make posters, we suggest using this guide (**No** tri-fold boards).
 - Title Poster
 - Supplies Poster - or list of ingredients or materials.
 - Directions Poster – or steps to follow.
- Letters and pictures should be large enough to be seen across the classroom.
- Prepare demonstration according to your plans.
- Make sure your information is correct and that you include your source.
- Remember time limit: **under 3 minutes**.
- Practice! Practice! Practice!



3. Presentation

- Check and re-check to make sure you have everything you need.
- Don't introduce yourself; just start with your topic introduction.
- Remember to speak slowly and clearly. Be yourself!
- Smile! Look at your audience whenever possible.
- Keep your working area neat and clean. Remember to keep all bowls, boxes, etc. to the side of you and "work" in the center. Have towel ready for any messes.
- Tell your source of information and show a finished product if you have one.

Demonstration Organizer

How to _____

Materials

Introduction

Steps

- 1.
- 2.
- 3.
- 4.
- 5.

*Use as many steps as you need.

Conclusion

Remember:

Demonstration must be completed in 3 minutes or less

Are you ready to give a demonstration in your classroom?

You can give your demonstration on any topic you choose if your teacher approves of it! Remember some materials are difficult to bring to school, plan so you can be successful. Look over the guideline and use your organizer to pull it all together.

Below is the list of what we are looking for in your demonstration.

Poise, Posture
Calm, pleasant, confident, at ease
Good posture
Voice and Expression
Pitch, volume, speed, tone, rhythm
Clear pronunciation
No long pauses, no "extra" words (um, uh, you know)
Audible at all times, distinct, natural voice
Enthusiastic, personality shows through
Speaker captures and retains audience attention
Good eye contact
Appropriate gestures, body language
Demonstration
Introduction
Steps, materials and explanation coordinate
Up-to-date, accurate, relevant information
Organization
Teaching Aids/Staging of Materials
Adheres to time limits
Conclusion



Remember:

**Your demonstration
should be completed
in 3 minutes or less.**

The Coffee County 4-H Speech contest will be held April 2025. Participants will be selected and notified at their February 4-H meeting.

Interactive Exhibit

For 6th—8th Grade Members

Interactive Exhibit:

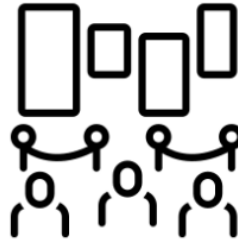
An interactive exhibit is where an individual creates an exhibit board highlighting a particular topic. Individuals will display his/her board and give an informal talk on what their board is about and what they have learned as a result of his/her effort preparing the board.

Guidelines:

- Free standing exhibit boards or posters should be used. Space from the table to the floor may be used. Items may be displayed on the table.
- The 4-H members will be expected to explain their exhibit in 1-2 minutes.
- Make sure the exhibit has a title and include “4-H” or the 4-H clover somewhere on the exhibit.

9 Steps to a Successful Exhibit:

1. Determine your audience
2. Determine your purpose
3. Develop the theme
4. Treat the subject visually
5. Design
6. Visuals
7. Lettering
8. Use dark letters on a light board and light letters on a dark board.
9. Keep your text brief



Contest Information

You will be given the opportunity to display your exhibit during your 4-H club meeting in February. Additionally, you will be given 2-3 minutes to give your informational talk. 4-Hers that meet the minimum requirements will be invited to attend the county-wide Project Fair/ Interactive Exhibit contest in March.

Minimum Requirements:

- Exhibit board is neat and includes “4-H” or the 4-H clover
- Exhibitor speaks clearly with main points well stated and organized

Clover Bowl



Clover Bowl is an educational contest that quizzes 4-H members on Science, Life Skills, Agriculture, Government, Tennessee History, and 4-H. Participating in this contest makes 4-H members well-rounded in a variety of topics while also developing their teamwork, leadership, and communication skills.

Clover Bowl is a TEAM activity. **You can not participate as an individual.** We encourage all our 4-H clubs to form a Clover Bowl team. School level contests will be conducted in April, and we will conduct a county Clover Bowl contest in May to determine which teams will represent Coffee County at the regional level.

All contest rules and study material can be found online at:

<https://eastern.tennessee.edu/4-h-clover-bowl/> .

Piggy Bank Pageant



General Rules and Guidelines:

- Banks should measure no more than 12"x12"x12".
- Create your piggy bank from materials of your choice. No glass objects please.
- There should be a way to both put money in and get it out without destroying the bank.
- Banks should be sturdy enough that it can be transported for display without coming apart or pieces falling off.
- Banks do not have to be in the shape of a pig.
- Banks must be created and decorated by the 4-H member.
- 4-H members may enter only one bank.
- Make sure your name, grade, school and teachers name are on the bottom of your piggy bank entry.
- Due dates will be provided at the February 4-H club meeting.
1st, 2nd, and 3rd place prizes will be awarded at each grade level.

Judging Teams

4-H offers a wide variety of competitive opportunities you can participate in as a team or individual. To learn more about those opportunities, scan the QR code below.

Clothing Events

4th—12th grades

Consumer Decision Making

6th—12th grades

Dairy Cattle Judging

4th—12th grades

FCS Skillathon

6th—12th grade

Grillmaster Challenge

6th—12th grades

Horse Bowl & Hippology

4th—12th grades

Horse Judging

4th—12th grades

Livestock Judging

4th—12th grades

Meats ID Judging

6th—12th grades

Poultry Judging

4th—12th grades

Wildlife Judging

4th—12th grades



Camp Opportunities

Junior 4-H Camp 4th—6th grade

Campers can go swimming, fishing, ride the zip lines, participate in archery, shoot rifles, make crafts, play ga-ga, and much more.

Date: _____

Price: _____

Location: _____

Electric Camp 6th—7th grade

You will explore the world of energy, conservation, electrical safety, and other basic sciences in fun-filled, "hands on" learning activities.

Date: _____

Price: _____

Location: _____

Target Smart 5th—9th grade

Learn the fundamentals of firearm handling and safety.

Date: _____

Price: _____

Location: _____

FCS Behind The Scenes 9th—12th grade

Date: _____

Price: _____

Location: _____

Junior High Camp 6th—8th grade

Educational classes focused on leadership, outdoor education, team building, and traditional camp activities such as swimming, sports and crafts.

Date: _____

Price: _____

Location: _____

Pioneer Camp 5th—8th grade

A rugged camp that offers traditional camp activities. 3 days of creek stomping, axe throwing, campfire, kayaking, fun and adventure!

Date: _____

Price: _____

Location: _____

Culinary Camp 6th—8th grade

A camp dedicated to the fundamentals of cooking.

Date: _____

Price: _____

Location: _____

For more information or to register, please call or stop by our office.

UT-TSU Extension
1331 McArthur St.
Manchester, TN 37355
931-723-5141



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.



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.